# THE SATURDAY EVENING POST

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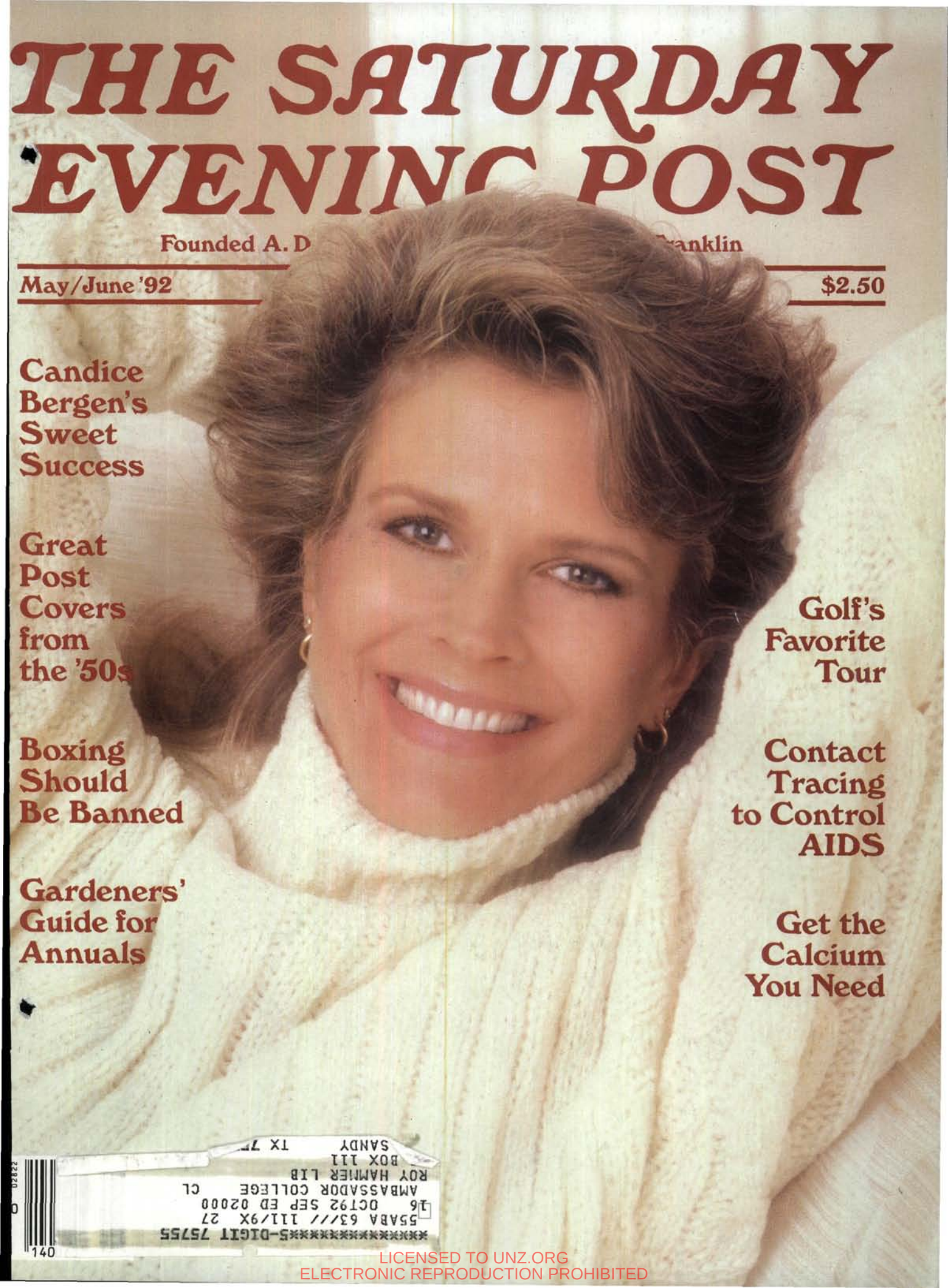
May/June '92 $2.50



Candice Bergen's Sweet Success

Great Post Covers from the '50s

Boxing Should Be Banned

Gardeners' Guide for Annuals

Golf's Favorite Tour

Contact Tracing to Control AIDS

Get the Calcium You Need

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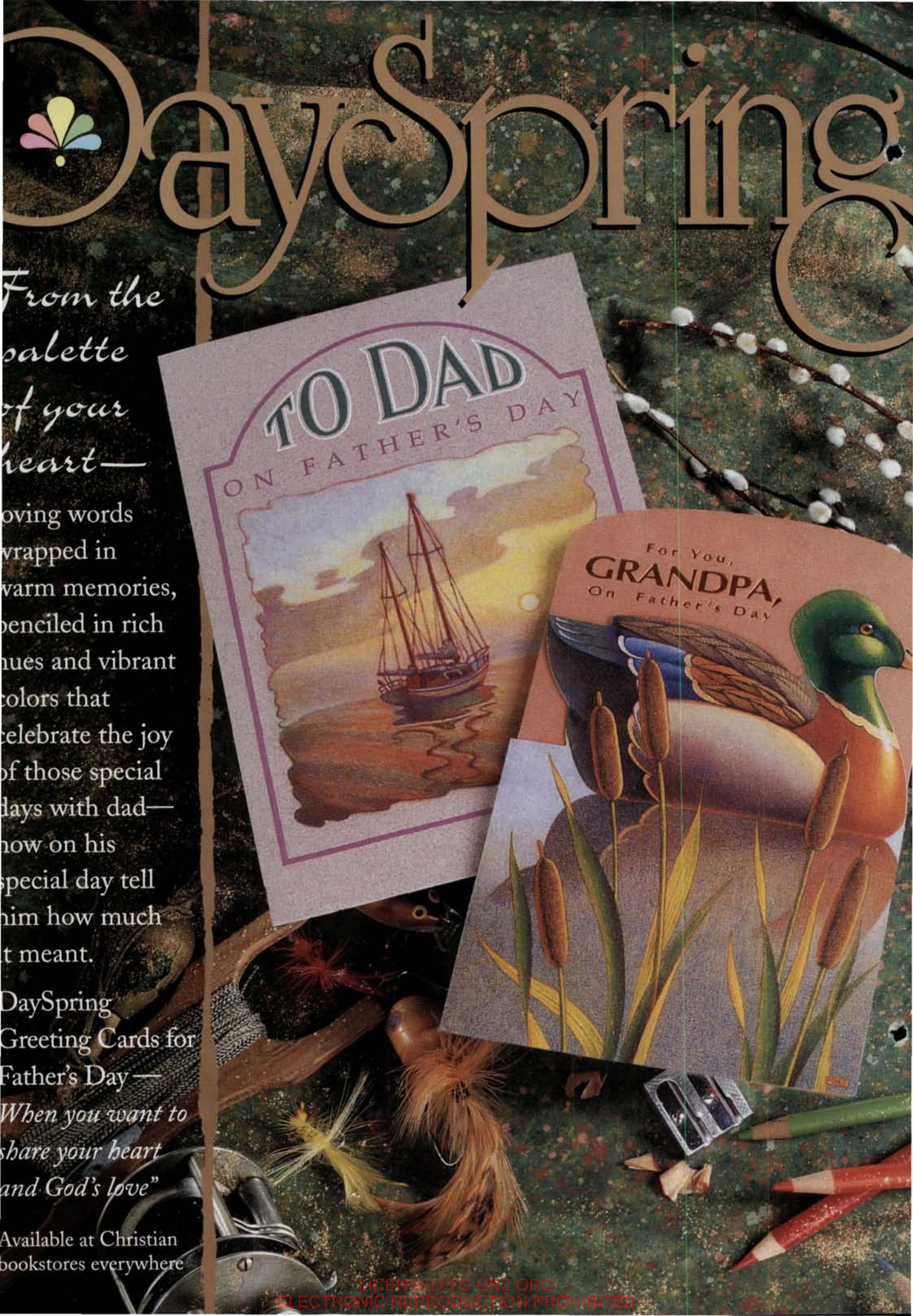
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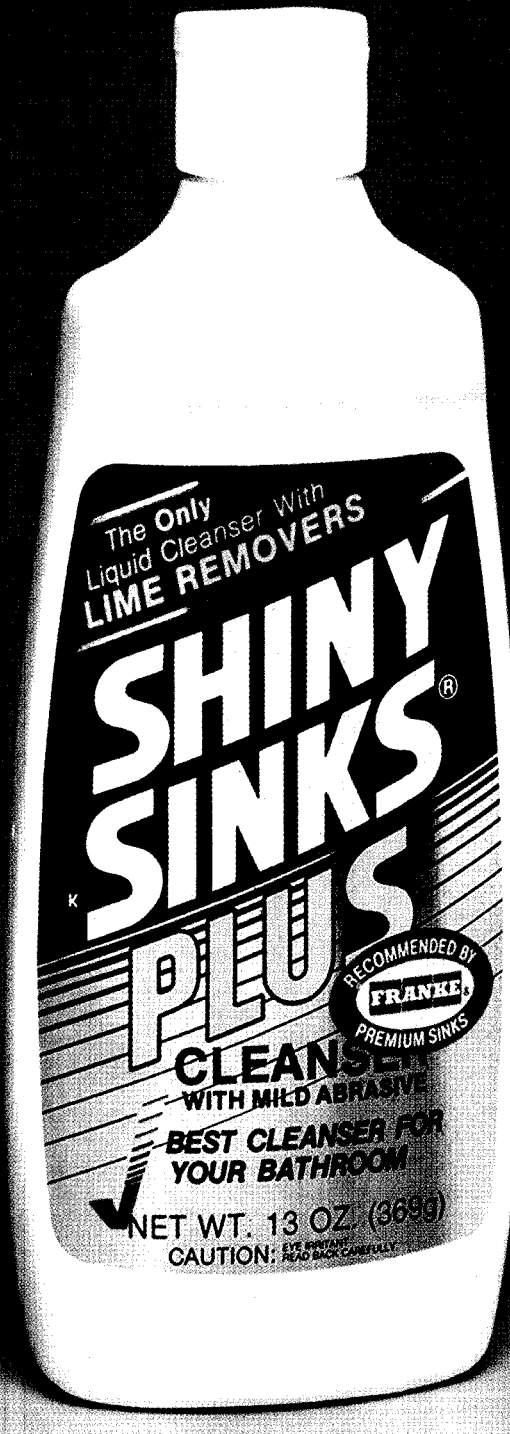


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**Candy's Sweet Success**—means balancing a happy homelife on two continents with her busy acting career. 38

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# THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover photograph by Tony Esparza/CBS)


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# She's "fair of face" and pretty as can be!

Shown smaller than actual size of 8¼" in diameter.

## *Monday's Child*

by Elaine Gignilliat

The Danbury Mint

© 1992 MBI

## A numbered limited first edition collector plate trimmed in 23kt gold

"Monday's child is fair of face"... and in this delightful Elaine Gignilliat painting, all of nature seems to agree! This adorable girl's radiant beauty is reflected in everything around her... a tranquil pond mirrors her golden curls, and vibrant flowers enhance the bloom in her rosy cheeks.

Now, the innocence and charm of "Monday's Child" have been brought to life on a new porcelain collector plate by award-winning artist Elaine Gignilliat.

### A Limited First Edition

"Monday's Child" is the first collector plate in an exclusive Danbury Mint series entitled *Children of the Week*. Each issue will feature an original Elaine Gignilliat portrait which captures the enchantment of a child's personality as revealed by the classic days-of-the week nursery rhyme.

Each serially-numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The edition of "Monday's Child" will be limited to a maximum of 75 firing days. None will be offered through dealers; this First Edition is available exclusively through the Danbury Mint. As a finishing touch, each plate will be trimmed with a band of precious 23kt gold ... and the price is just $24.95.

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When you acquire "Monday's Child," you have the option, *but not the obligation,* to acquire all subsequent plates in this delightful new series. Furthermore, *under our 100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

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We expect the demand for "Monday's Child" to be strong since Elaine Gignilliat plates have always been extremely popular with collectors. So we urge you to act now. Reservations will be processed in the order received — send in yours today!

KWP Please Reply Promptly 08

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47 Richards Avenue
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Limit: two plates per collector.

Please accept my reservation for **"Monday's Child"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 each (plus $2.95 shipping and handling — total $27.90*).

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Please Print Clearly

Address: _____

City: _____

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Allow 4 to 8 weeks for shipment.
*Any applicable sales tax will be billed with shipment.

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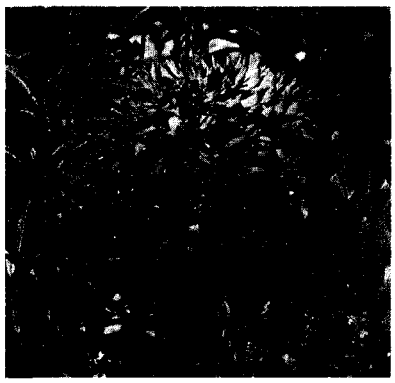
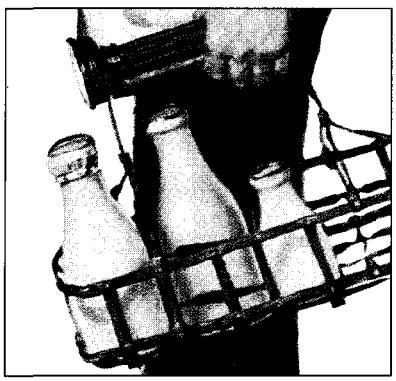
**AIDS Contact Tracing**—might be our most effective defense against the spread of HIV infection. **64**



**A Flower Feast for the Eyes**—from annual seeds planted directly in the garden. **66**



**Bone Up**—on ways to get the daily calcium your body needs. **24**

**Smile!**—Candid Camera is once again on the prowl to catch prople in the act of being themselves. **50**



# Letters

## Note of Thanks

I read, with interest, your article in *The Saturday Evening Post* ["After a Blow to the Head, Don't Take Aspirin," Jan./Feb. '92].

What good advice—I should have known all the facts you presented *before* my accident in Amsterdam! It's wonderful to know, however, that you're using my example to help other people.

Keep up the fantastic work!

*Robert H. Schuller*
"Hour of Power"
Garden Grove, California

## Cartoons Become An Issue

Where are the cartoons? In the Jan./Feb. '92 issue of *The Saturday Evening Post* I noticed a scarcity of cartoons—only 16 cartoons and just one cartoon page. The *Post* is famous for its plethora of cartoons. *Post* cartoons are a tradition.

The reason I, as a youth, became an avid *Post* reader was due to its cartoons. Even today my seven-year-old son loves the *Post* because of the cartoons. And I am sure he, too, will become interested in the informative articles and features as he grows older. As an adult, the *Post* cartoons hold a new meaning for me. Not only do they bring me joy by reading them but also by sharing them with my family and friends.

I implore you not to cut back on the number of cartoons. Such a step will only snowball leaving *The Saturday Evening Post* without any cartoons. Please do not break a tradition.

Remember, our five senses are incomplete without the sixth sense—a sense of humor.

*David Quintanar*
El Paso, Texas

## Numbers Up

Your magazine is read from cover to cover in our house. You can give us 60+ citizens a helping hand! *Please* enlarge the size of the page numbers.

Finding the page of a continued article is now very frustrating.

*Chester Stevenson*
Lexington, Kentucky

## You Play, You Pay

*You* said, "Magic Johnson, we let you down!" *I* didn't.

Without the insurance company test,

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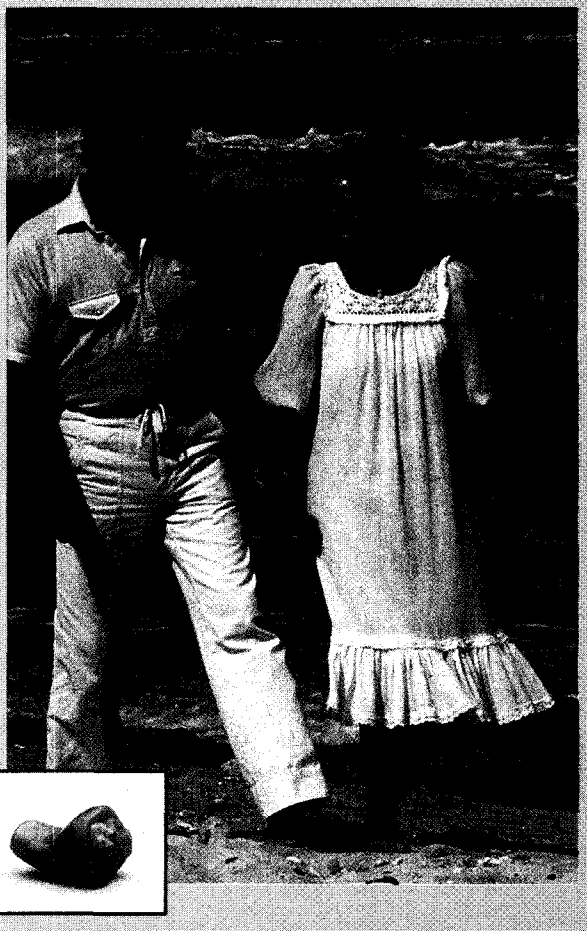

Hearing a conversation over the sound of a party or the ocean is difficult with most hearing aids. That's because they amplify all sounds, including bothersome background noise. But not the Miracle-Ear® Clarifier.™

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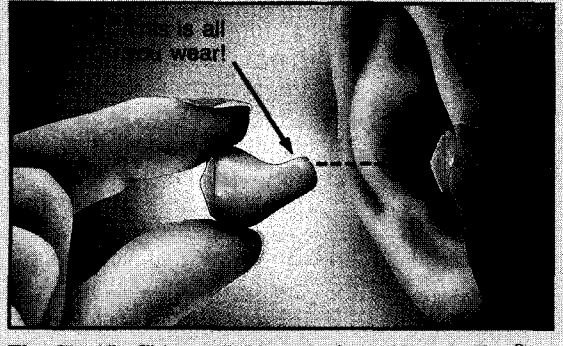


The Clarifier™ is available only from Miracle-Ear.®
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"you might have spread the virus yourself." He didn't?

Magic Johnson failed Magic—himself, his wife, his child, the many other women, the little Magics running around somewhere, his team—everyone who looked up to him or depended on him.

Magic threw away his respectability. You would take away his responsbility?

*Lou Ann Novotny*
Cincinnati, Ohio

### Picture Perfect

Marvelous editorial by Henry David Thoreau, but pray tell who did the painting on the opposite page? Would it be possible to get prints of this beautiful painting on page 67 of the March/April issue? I couldn't find anything in the magazine telling who the artist was for "The Joy of Walking".

*Agnes James*
Philadelphia, Pennsylvania

*Editor's note: Meinrad Mayer painted "The Joy of Walking," the wooded scene for Henry David Thoreau's essay about enjoying nature while exercising. The ducks on the water are characteristic of Mayer's work. Seldom did he paint a canvas without including birds of some kind. A bird lover as well as a bird watcher, he always took care to paint the birds authentically. If you would like to*

*have a print, you may write to Steve Pettinga, the archivist at the* Post, *to find out if this scene is going to be made available.*

### No (S)excuse

Re: Page 64 "Sexual Problems by Prescription"

Page 72 "Erection Problems"

Page 75 "The Best Sex of Your Life"

Guest editor for Jan./Feb. '92 issue?

Printer got our *Saturday Evening Post* work mixed up with *Cosmopolitan*? Really, I would like a personal reply to this insult. You see, I don't have magazines like that come into my home. I'm old, I'm square, and I do not want to drop the *SEP*, but I will if this keeps up.

*Anne Gordon*
Wilton Manors, Florida

*Editor's note: No, we didn't have a guest editor for the Jan./Feb. '92 issue and we're sorry we offended your sensitivities. We're square at the* Post *and most sympathetic with your concern. We sent your letter to the author Dr. Theresa Crenshaw. She feels that many senior citizens are on prescription medications and that some do wish to remain sexually active. They may not know their medicine might be harmful to their sex lives.*

### Kudos

Am writing to express our pleasure with the *Post* as an entertaining and desirably informative magazine. My first knowledge of it began when I, a a small boy, looked at its pictures and Norman Rockwell's delightful scenes of Americana in all her varying moods and trials. Looking back to the year of 1913, I remember seeing the ads for some of America's favorite automobiles, for instance. And through the following years the issues were always a fulfillment for a boy, then youth, and so on through the years to the present. Sometimes to different mailing addresses, but yet to the same reader, me.

Am I right when I think I remember a Cadillac automobile ad in an issue of about 1918 or so when the car's price was $1695.00 F.O.B. factory for a four-door touring model? In those days there were no "sales taxes or four-wheel brakes or stop and turn lights; nor many road signs, and very few gasoline stations! Remember? As America has grown and matured from year to year, *The Saturday Evening Post* has been a magazine which has helped along the way, perhaps in greater ways than can be seen. Our thanks to all of your staff for carrying out so good a format of public good and some fun, too, with your comic and funny stories!

*Rev. Lloyd C. Bronson*
Gobles, Michigan

### Spare That Ant

I thought "Timeless Tips for Pennies" by Romaine B. Ware, in March/April '92 issue of the *Post* was quite interesting. Since my wife and I gro

*"We interrupt our regular program to bring you our station manager's daughter playing the violin."*

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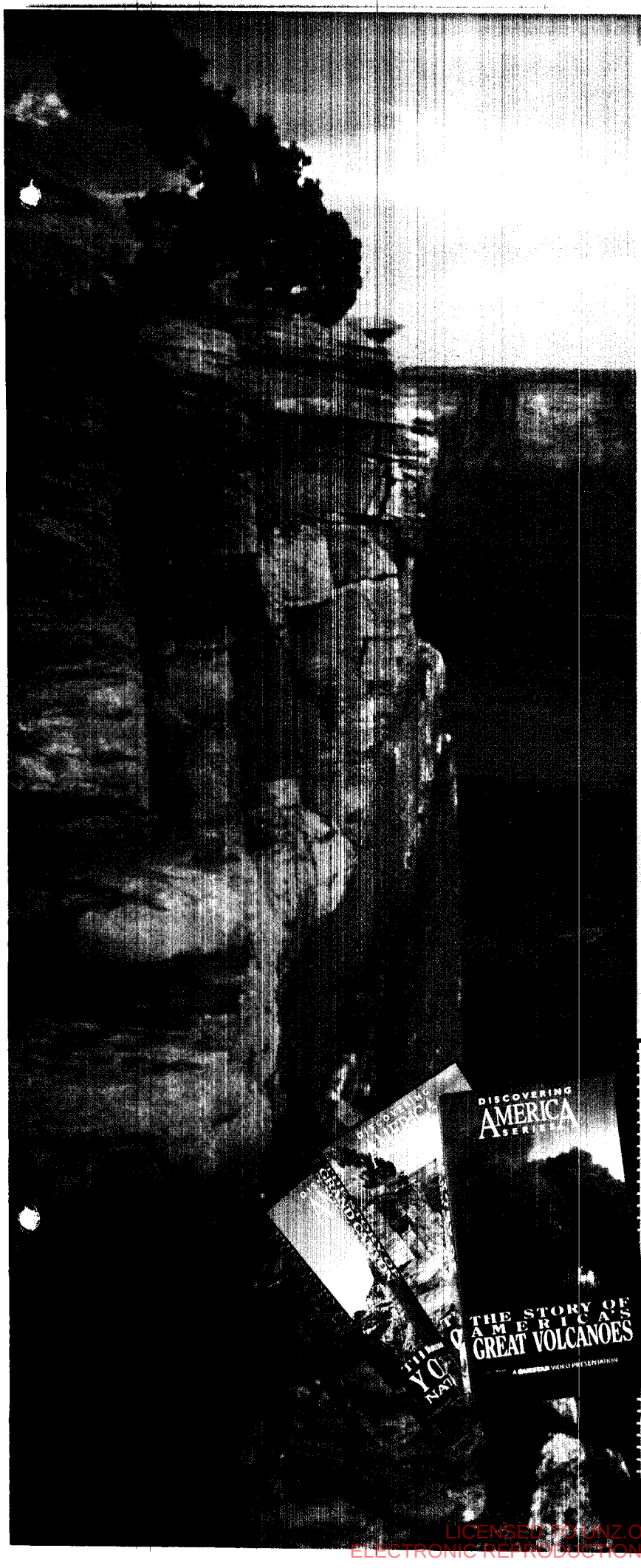


# Explore the America Columbus never saw.

500 years after Columbus landed on our shores, you and your family can discover the natural treasures he couldn't possibly have imagined. You're invited to the adventure of a lifetime! Shoot the raging rapids in the Grand Canyon. Thrill to the exploding geysers at Yellowstone. And stand in awe before Yosemite's majestic granite mountain, El Capitan.

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peonies, we find one important tip that was omitted—ants. Here in the South, prior to blooming, red ants, probably big-headed ants or the honey ant type, are seen on all the peony buds. The ants ingest sweet juices secreted by the peony buds. When ants are plentiful, much fuller and larger blooms are noted, because of the work of these helpful insects. Some of the old gardeners of the area say—"No ants, no blooms."

Therefore, our advice to gardeners prone to exterminating the ants—don't.

*James R. Bibb*
Munford, Tennessee

### Sold on Stories

Over half a century ago, I sold *The Saturday Evening Post*. It was at this time that I established the reading habits of a lifetime, because I also read the stories in this marvelous magazine. I can vividly remember the "Crunch and Des" stories by Phillip Wylie, the sea stories by C. S. Forester, and the always victorious salesman of the "Earthworm" tractor, Alexander Botts. The calibre of that fiction has seldom been equaled since those days. I wonder if the time is not ripe to issue an anthology of these great stories so that our children and grandchildren could also learn to appreciate an almost lost art form, the short story.

*John A. MacArthur*
Riverdale, Illinois

### Moved by Methodists

I wish to commend you, *The Saturday Evening Post*, William M. English, and John McCollister on your excellent article "United Methodists on the Move" which appeared in your March/April '92 issue.

I am grateful that someone has recognized the tremendous contributions United Methodism has made and is making to our nation and world.

*Don A. Bassett, Senior Pastor*
*First United Methodist Church*
Sun City, Arizona

### Yen for Wen

It was with much delight that I read the piece, "Irish with a Twist" by Wen Smith in your March/April '92 issue. I am no doubt slanted into Mr. Smith's corner for I have been listening to his "language" commentaries on KSOR, our public radio station out of Ashland. He has been delightful over the past few weeks that he has been on the air: urbane, scholarly, witty . . . in short, provocative pieces that are fun. And now I discover that you have chosen to recognize a re freshing breeze coming out of th west that I hope will appeal to in creasing numbers of your readers Congratulations for the sharp eye!

*Bob Wilso*
Port Orford, Orego

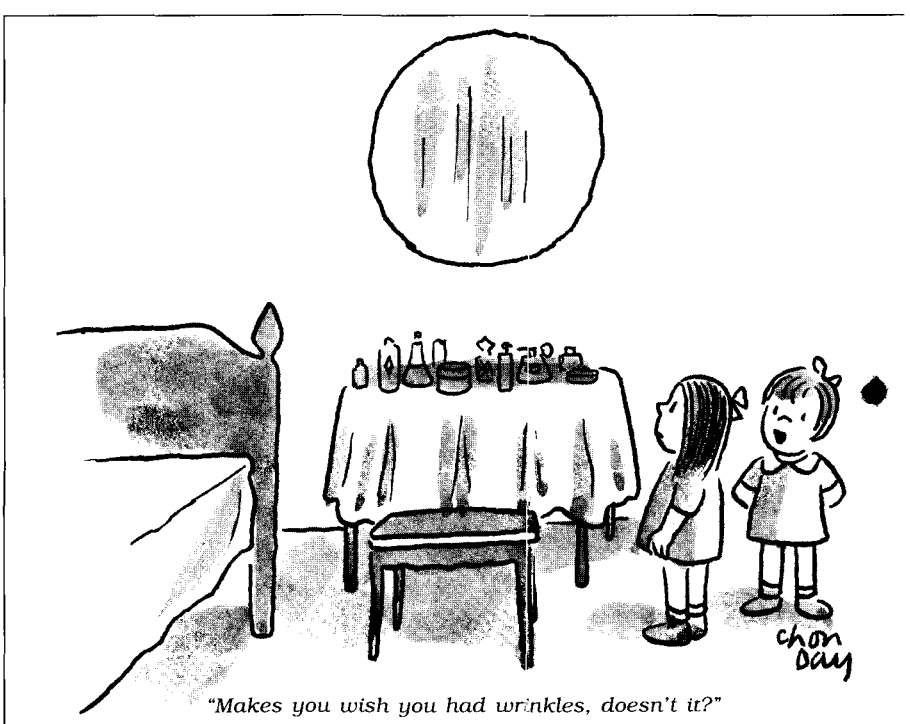
### Animal Appeal

"The Alligator That Didn't Lik Swamps" by Don Tracy was an imag inative story that made me laugh mor than any story I have read in years.

Who is Don Tracy? Hopefully more of his stories will appear in *Th Saturday Evening Post*. It made m decide to continue to subscribe.

*Margaret Dwye*
San Antonio, Texa

*Editor's note: Don Tracy has wri ten several wonderful articles for th* Post *through the years. We're glad h got a laugh from you.*




*"Makes you wish you had wrinkles, doesn't it?"*

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# Post People

He grew up in a housing project in North Philadelphia, but his $113 million in total earnings last year makes ***Bill Cosby*** the single highest paid entertainer in the world. How come? Let us count the ways.

He broke the color barrier on TV by starring with a white man on "I Spy." "The Cosby Show" has drawn to a close after its eighth successful season. His fourth book, *Childhood*, was published in October. His most recent comedy album, *Bill Cosby: O' Baby!* came out in November. A new TV series, "You Bet Your Life," will debut next year. What his take will add up to then, is anyone's guess.

Whatever the total, it will mark a sizable jump from the $60 a week at the Gaslight in Greenwich Village where he began his career.

"I really wanted to play ball, any kind of ball," Cosby says. "Then I wanted to play drums with Miles Davis or John Coltrane. But people kept telling me I was funny." And who can argue with that?

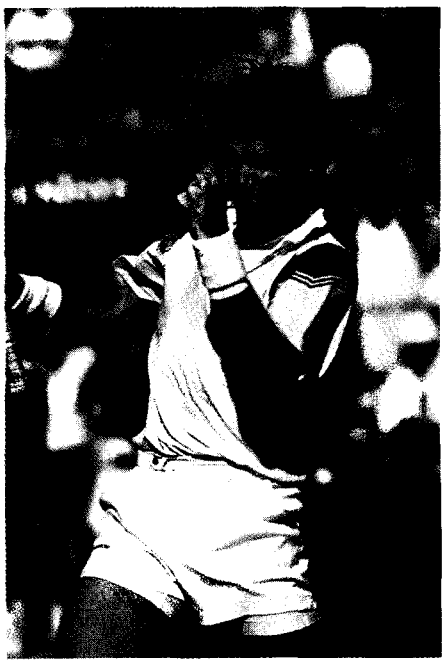
One of the blessings of ***Mary Hart***'s "vacation" from co-hosting "Entertainment Tonight" was the relief from an early wake-up call. The other blessing was A.J., born on Christmas Eve. Since then, the wake-up call has been moved back to 6 a.m. to allow her to nurse her son and still hit the office at 8:30.

"I am now a new member of the sleep deprivation team," she says. But

quickly adds that the "incredible miracle" was worth the 15½ hours of labor and the many hospital corridor strolls with husband Burt Sugarman waiting for the miracle to occur.

Hart also joked that A.J. would not be replacing John Tesh, E.T. co-host, for the first month. But after that, "Watch out, Tesh!"

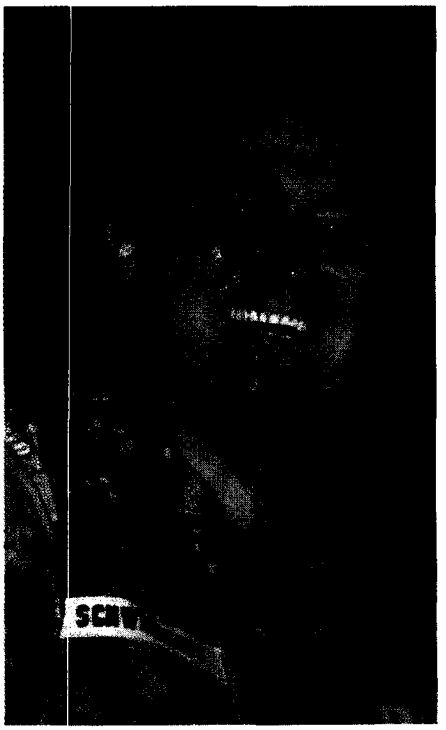
By smashing his way into the semi-finals of last September's U.S. Open, 39-year-old ***Jimmy Connors***, the "old man of tennis," is said to have made believers of us all: maybe we really *are* as young as we feel.



His unbelievable showing, with near-delirious crowds cheering him on, was even more incredible considering a serious wrist injury that required reconstructive surgery only the year before. Badly as the injured wrist hurt, what hurt more, it is said, was the report that this winner of eight Grand Slam tournaments was all washed up.

Player after defeated player in last year's Open, however, found the rumors to be anything but true. As one young victim of Connors' revitalized game recalled the trouncing, "It's not fun to be out there when he's doing his stuff."

Connors himself says, "That's the most fun—beating guys who are closer to my son's age than my own age." Connors' son Brett is 12.



Since his retirement from the Army last August to a country-club community near Tampa, four-star general ***Norman Schwarzkopf***, 57, has been catching up on his home life with wife Brenda and their three children, Cindy, 21, Jessica, 19, and Christian, 14. This still allows the general time for fishing, hunting, skeet shooting, speech making, and working on his memoirs.

But after commanding an army of 800,000 men and women who obeyed his every order, which changes to civilian life does he find most drastic?

"I can't get a plumber to come to my house," is his answer.

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# SCRUPLES IN THE FOG

*Clearing the air once and for all about a classic error of grammar.*

**by Wen Smith**

*Illustrated by Don Trawin*

We were watching the colorized version of *Casablanca* on Ted Turner's network, taping it on the VCR. Color didn't affect the dialogue, and one of my pet peeves of usage was still there.

It came, as it always does, near Bogart's moment of decision when Claude Rains says to him, "Apparently you are the only one in Casablanca who has even *less* scruples than I."

"I don't see anything wrong with it," my wife said when I mentioned the mistake.

"Nobody can have *less* scruples," I said. "The word *less* just doesn't go with things you can count, like scruples."

"How about 'less calories'?"

"Never," I said. "It has to be '*fewer* calories, *fewer* scruples.' *Fewer* goes with things you can count."

"Who counts scruples?" she said.

"Whether you count them or not, they're countable things. But *less* goes only with stuff you can't count, like truth."

"I think there are many truths," my wife said. She has a way of cutting to the heart of things, bypassing details. I tried to make my point another way.

"Many truths, yes, but not many truth. It's like cash." She said nothing, but I could hear her thinking and knew she was thinking you can count cash.

"No, you don't count cash. You count nickels and dimes and quarters. You never see one cash or two cashes."

"Not up close," she said.

"That's why you can't count it. You can have *less* cash, but not *fewer* cash."

"Not quite true," she said. "I couldn't have less." She is always talking about reality when I'm talking about words.

"There's no such thing as a *number* of cash," I said. "Like all uncountable things, cash comes in *amounts* but not in *numbers*."

*Casasblanca* moved toward its finale. Bogart was saying to Bergman that their troubles didn't amount to a hill of beans in this crazy world.

"Is a hill of beans an *amount* of beans or a *number* of them?" my wife asked. I think she knew the answer, but she was testing me. She had heard somebody in the family say that I didn't know beans.

"It's *number*," I said. "*Fewer* beans, not *less*. Beans are like scruples."

"What happened to the fog?" she asked. "In the black-and-white version there's lots of fog." It was true. In color, the fog in the final scene didn't show up well. The atmosphere was no longer quite right.

"Here's looking at *you*, kid," my wife said along with Bogey. But without the fog, the line had lost some of its impact. Why did Ted Turner have to go and clear everything up?

"There's fewer fog in color," she said, testing me again. She knows better than to say "*fewer* fog." You can't count fog.

"*Less* fog," I said, "not *fewer*."

"Fog or not, Ingrid is going to board that plane and leave Bogey behind. If he had less scruples, he'd beg her to stay."

"*Fewer* scruples," I said.

"Well, in color his scruples seem less," she said.

Like the fog, the scruples did seem less, as well as fewer, in color. Color smooths the edges. In black and white, the fundamental things apply. When it was over, we agreed that *Casablanca* in color, even with less fog, has no less appeal than it has in classic black and white, and no fewer moments to remember.

"Play it again," she said. And we did.

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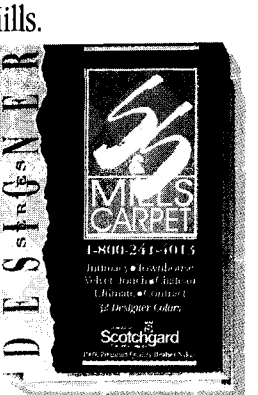


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HEARTBEAT

The Healthy Heart Report

# TAKING EXERCISE IN STRIDE

*When previously sedentary people start moving, the results can be remarkable.*

## by Carol Krucoff

Cardiologist James Rippe prescribes this simple two-step plan to people who want to feel better and reduce their risk of heart disease: Eat cereal with skim milk for breakfast, then go out for a 15-minute walk.

"You don't have to turn your life upside down to do things that have a profound impact on how happy, productive, and healthy you are," says Rippe, director of the exercise physiology laboratory at the University of Massachusetts Medical School. "Exercise doesn't have to be something tough and sweaty and separate that you do. Like brushing your teeth or taking a shower, exercise can fit into your daily routine as general maintenance for your body."

Which is why, he says, America is out walking.

More than 77 million Americans now walk for fitness, and new studies show that this easy, natural activity can provide powerful health benefits including reduced anxiety, weight loss, improved cholesterol profile, aid in controlling hypertension, slowing the process of osteoporosis, and decreasing the risk of heart disease.

"We haven't seen the peak of the walking movement yet," says Rippe, whose lab is the largest walking experimentation facility in the world. "As the population gets older, more people will turn to walking because it's nearly injury-free. We'll see families walking together, talking with each other, and taking care of their health at the same time."

But despite walking's growing popularity, many sophisticated exercisers look down on it as a moderate, non-aerobic exercise.

"This is unfortunate," Rippe says, "since the efficacy of fitness walking as an aerobic training exercise is much greater than many people thought in the past.

"In studies in our laboratory of more than 600 people between the ages of 20 and 79, more than 90 percent of women and 67 percent of men, regardless of their age or previous level of conditioning, were able to elevate their heart rate into the target training zone with brisk walking."

For most people, he says, walking is also the preferred way to lose weight. "The average 150-pound person burns approximately 100 calories walking a mile. If you take a brisk 45-minute walk four times a week for a year, and don't increase the amount of food you eat, you will burn enough calories to lose 18 pounds. More important, virtually all of the weight lost will be fat, because regular exercise preserves lean muscle mass."

In fact, fast walking can burn more

*continued on page 92*

**High-intensity walking will strengthen the heart and burn calories, but moderate-intensity walking provides health and weight-loss benefits, too.**

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## FOOD

# SPOTLIGHT ON CELERY

*Let's hear it for our loudest vegetable.*

**by Michael Peters**

Celery is often overlooked. Seldom a star at mealtime, this humble vegetable, however, finds its way into our diet in salads, soups, entreés, and as a favorite (almost) no-calorie snack for nibblers.

Primitive celery was known for centuries only as a medicine—because that's how it tasted. Greeks crowned the heads of athletes with the vegetable, and during Plutarch's time, it served as a funeral wreath. In the 17th century, an unknown gardener in Italy, who set great store by celery as a cure-all, transplanted wild celery (then called "smallage") to a choice garden spot where the soil was deep and moist. To his amazement, the ribs and leaves of these plants offered a rather pleasing taste. A flavor so good, in fact, that the gardener's family began munching ribs of celery, even though they were perfectly healthy.

People have munched ever since. A half cup of diced celery tallies up only nine calories. It is virtually fat free—a dieter's delight.

When purchasing celery, look at the stalk. It should have a solid, firm feel and a glossy surface of light to medium green. Once celery is trimmed and washed, refrigerate it in a plastic bag and store in the vegetable drawer. To freshen a celery stalk, trim the base and place in cold water; to crisp wilted celery (both cut-up and whole), place in ice water.

Lean, green celery is the secret of these light salads for spring shape-up. Crunchy Caesar Celery Salad is a light and spicy version of an all-American favorite. A '90s update on a familiar classic, Turkey Waldorf Salad combines delicious vegetables, turkey breast, and diced apples in a non-fat yogurt dressing.

◀ *Turkey Waldorf Salad*

**Turkey Waldorf Salad**
*(Makes 7 servings)*

*2 cups sliced celery*
*2 cups cooked small shell pasta*
*2 cups diced cooked or deli-style turkey breast (12 ounces)*
*2 cups diced unpeeled sweet apples*
*¼ cup sliced scallions (green onions)*
*⅓ cup chopped walnuts, toasted**
*Yogurt Dressing (recipe follows)*

In a large bowl, combine celery with pasta, turkey, apple, scallions, and walnuts. Add Yogurt Dressing; toss to

*continued on page 92*

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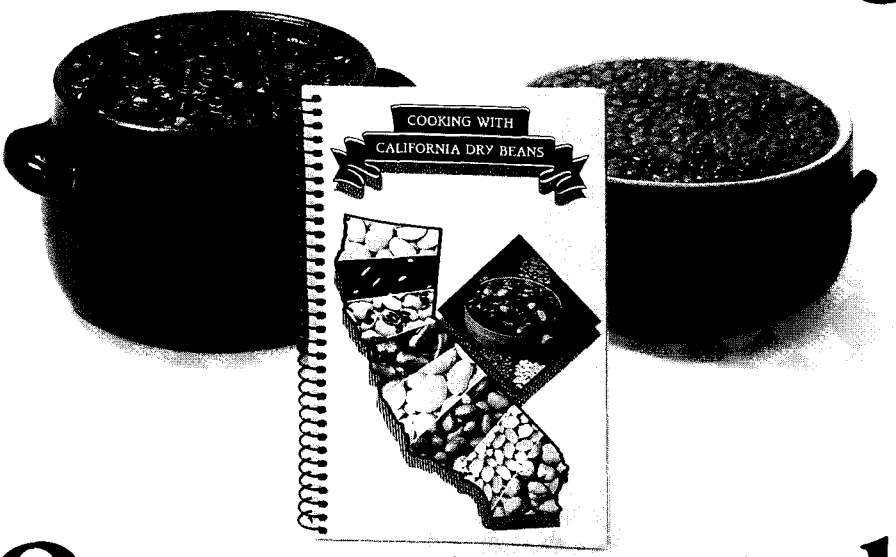
# 84 ways to make beans exciting.

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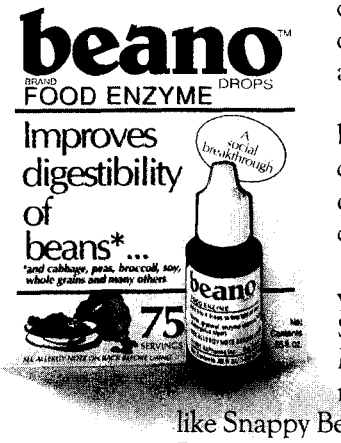


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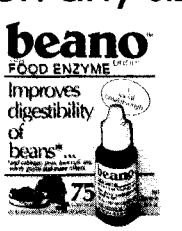


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HEARTBEAT

The Healthy Heart Report

# THE BETTER BRUNCH

*Healthy choices for a hearty midday meal that is low in fat and high in dietary fiber.*

**by Ted Kreiter**

Whether you think of it as late breakfast or an early lunch, brunch calls for an artful combination of the elements of both: cereals, muffins, breads, and fruits, with lean meats and vegetables. Obviously, you can't squeeze all these into one dish, but here's a delicious brunch meal-in-one idea that comes pretty close. The centerpiece is a low-fat turkey muffin topped with a tasty low-fat cheese sauce.

The health benefits are twofold—cholesterol is kept to a minimum and each muffin, made with bran breakfast cereal, contains 14 grams of dietary fiber. Complement the Smoked Turkey Muffins with your favorite steamed vegetables and a dish of fresh fruit, and you have a complete meal.

You may also wish to have on hand low-fat/high-fiber Blueberry Lemon Muffins, or Peachy Bran Muffins. Brunch guests will find them delicious.

♥ ♥ ♥

**Smoked Turkey Muffins**
*(Makes 6 large muffins)*

*1 cup whole wheat flour*
*¾ cup all-purpose flour*
*1 tablespoon baking powder*
*1 teaspoon celery seed*
*½ teaspoon paprika*
*1 cup All-Bran® cereal*
*1½ cups skim milk*
*½ cup egg substitute*
*2 tablespoons vegetable oil*
*¼ cup finely chopped onion*
*3 ounces chopped smoked turkey breast*

Stir together flours, baking powder, celery seed, and paprika. Set aside.

In large mixing bowl, measure cereal and milk. Stir to combine. Let stand 5 minutes or until cereal is softened. Add egg substitute and oil. Beat well. Stir in onion and turkey.

Add dry ingredients to cereal mixture, stirring only until combined. Portion batter evenly into 6 greased 3¼ x 1¼-inch Texas-size muffin-pan cups, or 6 greased 10-ounce custard cups, or

Consult your doctor before discontinuing any medication.
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12 large muffin cups.

Bake at 400° F. about 30 minutes until golden brown. Serve hot with ⅓ cup Low-fat Cheese Sauce per muffin.

**Per Serving (1 muffin):**

| | |
|---|---|
| Calories: 310 | Sodium: 405 mg |
| Protein: 13.7 gm | Cholesterol: 6 mg |
| Fat: 5.7 gm | Carbohydrate: 46.8 gm |
| Fiber: 14.0 gm | |

♥ ♥ ♥

**Low-fat Cheese Sauce**

*(Makes 2 cups)*

*¼ cup all-purpose flour*
*2 cups skim milk*
*½ cup shredded low-fat Monterey Jack or low-fat cheddar cheese*
*1 tablespoon chopped chives or green onions*
*Paprika*

Stir together flour and milk in small saucepan until smooth. Cook over medium heat, stirring constantly, until bubbly and thickened. Add cheese

*continued on page 103*

**Cancel the quiche! Smoked Turkey Muffins are a delicious and healthful alternative to the high-fat, low-fiber items typically found on a brunch menu.**

A LOT OF REGULAR FOLKS PREFER [illegible] OVER THAT.

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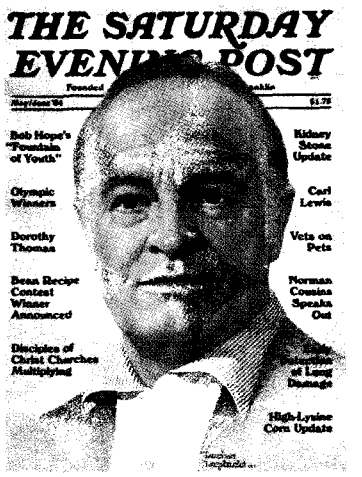


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## BOOK REVIEW

# KEEPING TEENS AWESOME

*At long last, a practical guide for helping teenagers improve their diets, achieve fitness, and enhance their self-esteem.*

**by Patrick Perry**

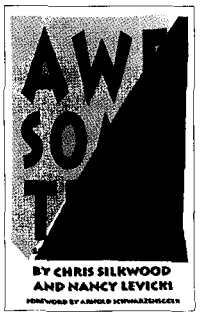
Teenage years are tough. Young adults feel tremendous pressures about everything from fitting in with peers and getting good grades, to worrying about their changing bodies and evolving self-image. Adding insult to injury, the current "fast food" generation of teens also suffers from poor exercise and dietary habits: habits that research has shown greatly influence their bodies and minds throughout their lives.

*Awesome Teen: Smart Choices for the '90s*, by fitness expert Chris Silkwood and writer Nancy Levicki, addresses a very neglected audience, adolescents ages 12 through 18. It examines the health and social issues that face today's young adults. It's a book about making *smart choices* in food, exercise, and image, and bringing much-needed balance to a particularly "off-balance" time.

A lifestyle guide written specifically for teenage readers, *Awesome Teen* explains how positive attitudes, good health, and fitness habits play a vital role in self-image. How do I balance social pressures with good study and health habits? What foods should I eat and which should I avoid? What exercise is best for me? How can I lose weight and tone up at the same time? The book attempts to answer these questions and more.

**Arnold Schwarzenegger enthusiastically praises Christine Silkwood's example to youth "for achieving one of life's most valuable goals—a high level of physical fitness."**

*Awesome Teen*'s central message is:




Take care of yourself. And begin now. Ms. Silkwood, a fitness consultant who serves on the President's Council on Physical Fitness and Sports, has devised a point system for tracking and rewarding healthful fitness behaviors, and a Smart Choice eating guide tailored to an active teenage lifestyle. Smart Choice recipes include healthful variations on teen favorites such as Smart Choice Tacos made with skinless chicken breasts, or Fit Oatmeal, loaded with complex carbohydrates. The exercise routines combine healthy doses of stretching, aerobics, and strength conditioning.

"We believe that making smart choices in the areas of food, exercise, activity, and self-image are the key ingredients of a fun, productive, and highly-energetic lifestyle," Silkwood says.

Fitness leaders agree.

Arnold Schwarzenegger, chairman of the President's Council on Physical Fitness and Sports, calls *Awesome Teen* "an excellent example of the grassroots effort and support that is so needed in this country if we are to reverse the decline in youth fitness."

Tennis pro Pam Shriver also praises *Awesome Teen*: "If teens could understand the importance of developing good fitness early in life, they too could reap the rewards as world class athletes do."

"Ms. Silkwood's kind of fitness may offer the best chance for a young teen to maintain his or her authentic self," says T George Harris, editor-in-chief, Children's Better Health Institute.

**Nacho Chicken Salad**
*(Makes 4 servings)*

*1 bunch fresh cilantro*
*1 head romaine lettuce*

*continued on page 75*

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# I LISTENED TO MOM'S ADVICE

10 YEARS AGO AND

# ...I'M STILL LISTENING!

*"I lived the first half of my life on the sidelines", says 20 year old Jason Balletta. "I couldn't participate in the things I enjoyed most. I watched other kids playing ball, sleigh riding and playing with their pets, but I just didn't feel up to joining in. I was becoming frustrated and lonely until my Mom came to the rescue! That's why I'll always listen to her advice (and why you should, too)."*

**A MOTHER'S STORY**

BY MADELINE BALLETTA

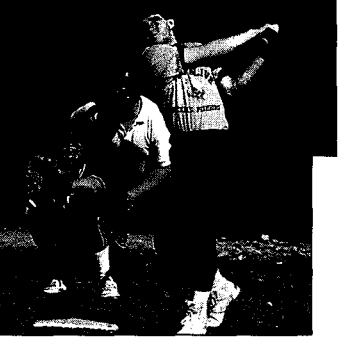
As a young mother I found myself wanting to give my family the best of everything. However, in the area of nutrition, I failed miserably! My daily eating habits were passed on from earlier generations. The things I was used to eating I gave to my kids, never realizing how nutritionally deprived we all were. While I believed I was providing three balanced meals a day, I've since learned that I was serving my family "empty " foods, high in fat, cholesterol, salt and sugar.

One day I looked at my life and realized it was an effort to get myself out of bed. I seemed to be dragging all day, everyday. Life was becoming a chore, and my family was suffering. Finally, a concerned friend told me it was time to change my eating habits and she introduced me to a wonderful, highly nutritious food substance found in nature called Royal Jelly. Within a few short months, my life was turned around. It was at this point that I equated nutrition with a healthier lifestyle.

I thought that if Royal Jelly could help me, then it could possibly help my son Jason. For years he had been weak and lethargic, missing much school and the joys of being a child. I was so blessed to see the dramatic difference in my son's life shortly after he started on a program of Royal Jelly. Today, ten years later, we both still enjoy the many benefits of this pure and natural supplement.

Royal Jelly is the exclusive food of the queen bee. The queen bee is born genetically identical to the worker bees, however she lives up to six years while the worker bees live a mere six weeks! The only difference between these two bees is their diet. Worker bees subsist on honey and pollen, whereas the queen lives solely on Royal Jelly. Rich in essential nutrients, this uniquely precious substance has been studied and prized in both Europe and the Orient. Royal Jelly is a wholesome food containing enzymes which aid in digestion, amino acids which act as building blocks for the body, vitamins and minerals which are essential for growth and health. Imagine such a substance... a "fast food" with health food benefits!

After seeing what Royal Jelly did for me and my son, I decided to make this special formulation of Royal Jelly available to others. As President of Bee-Alive, Inc., my own health food company, I follow a hectic schedule and can't always eat a balanced diet. That's why I always remember to take my Royal Jelly. I've learned from nature never to tamper with what God has created. Therefore, I promise to provide you with the purest Royal Jelly nature has to offer. We never have and never will freeze-dry our Royal Jelly, guaranteeing you only the finest! Though we are considered a leading authority on Royal Jelly, we still maintain very personal relationships with all our customers.



"I'm not on the sidelines anymore!"

**HOW DO YOU CHANGE A LIFETIME OF POOR NUTRITIONAL HABITS?**

One step at a time! Bee-Alive Royal Jelly could be your first step to a healthier nutritional lifestyle. *Take charge of your life-* call Bee-Alive today. Our caring consultants are ready to share their knowledge about this wonderful, God-given substance. Help your body help itself. Call toll-free:

**1-800-543-BEES**

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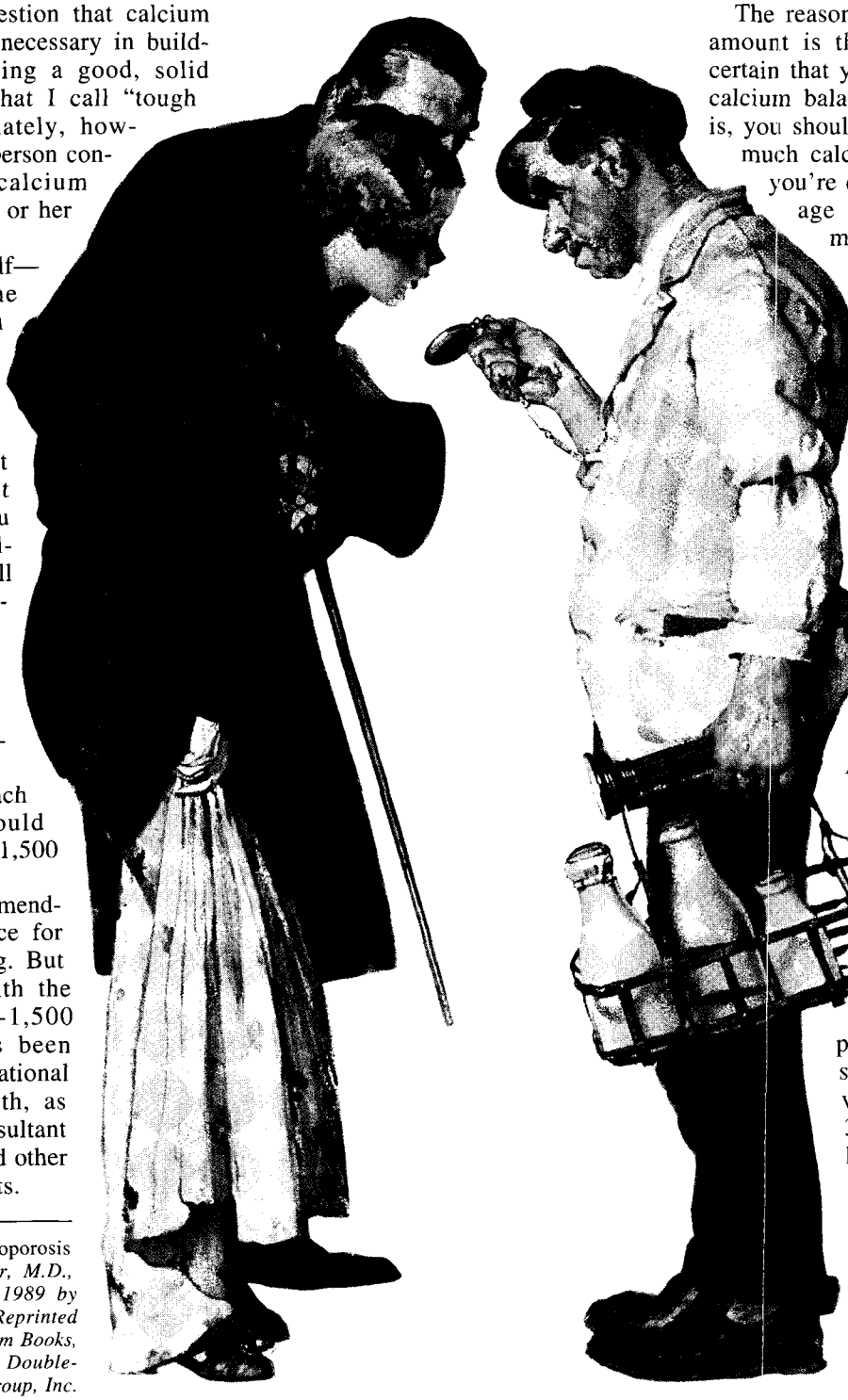
# TIME TO PREVENT OSTEOPOROSIS

*The best defense against bone loss is a good offense, so start by understanding these six principles of calcium absorption.*

**by Kenneth H. Cooper, M.D., M.P.H.**

*Illustration by Norman Rockwell*



There's no question that calcium is absolutely necessary in building and maintaining a good, solid bone mass—or what I call "tough bones." Unfortunately, however, the average person consumes far less calcium than needed in his or her daily diet.

Calcium by itself—especially in the form of certain supplements—won't necessarily help you develop the tough bones you need to fight osteoporosis. But in general, if you consume your calcium wisely, you'll most likely strengthen your defenses against bone loss. The following principles will help you get the calcium you need.

**Principle 1.** Each day's menus should contain 1,000 to 1,500 mg of calcium.

The U.S. Recommended Daily Allowance for calcium is 800 mg. But I prefer to go with the higher 1,000-to-1,500 range, which has been endorsed by the National Institutes of Health, as well as by my consultant Dr. Charles Pak and other osteoporosis experts.

The reason for choosing the higher amount is that it's important to be certain that you reach at least a "zero calcium balance" in your body. That is, you should be retaining at least as much calcium as you're losing. If you're consuming only the average amounts of 450 to 550 mg a day that many Americans take in, you're in danger of losing bone mass. Furthermore, you are putting yourself at greater risk for osteoporosis.

In addition, recent studies have shown that under some circumstances, increasing your calcium consumption may lower your risk of hypertension. For example, one study of pregnant women suggested that high blood pressure was associated with low calcium intake. Also, nationwide surveys and clinical studies have indicated that as a group, those who have high blood pressure take in less calcium than do those who have normal blood pressure. Specifically, one study revealed that people who consume fewer than 300 mg of calcium daily have a two to three times greater risk of developing hypertension than do those consuming 1,500 mg a day.

Of course, hypertension is a complex disease, and there's no one

*continued on page 102*

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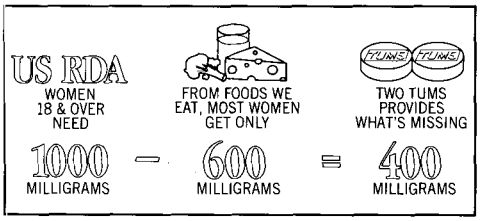
# Two Tums a day can help prevent osteoporosis.

Because Tums® is jam-packed with calcium. And calcium is one of the very best lifelong defenses against the pain and brittle bones and stooped back that can come from osteoporosis.

**It doesn't only happen to "somebody else."**

It's tragic that 20 million American women suffer from a disease that *can be prevented*! We urge you to ask your doctor about osteoporosis and risk factors such as age, race and family history. He may recommend exercise or other therapy. But key in preventing osteoporosis is getting enough calcium from your diet – from adolescence right through menopause. The chart shows most of us don't come close!



HOW TO CLOSE YOUR DAILY CALCIUM GAP

**A superior kind of calcium.**

The best source of extra calcium is Tums; Tums calcium is *calcium carbonate*, which is highly concentrated and as easily absorbed as milk*. And Tums costs less than other supplements. For the same amount of calcium, Caltrate®† or Os-cal®† charge almost twice as much.

**Two Tums a day every day.**

Since each Tums contains 200 milligrams of calcium, two tablets every day will close a 400-milligram gap. They come in six refreshing flavors and they're chewable. You can take them anywhere!

*American Journal of Clinical Nutrition, 1988. †Registered trademarks of other companies. ©1992 SmithKline Beecham.

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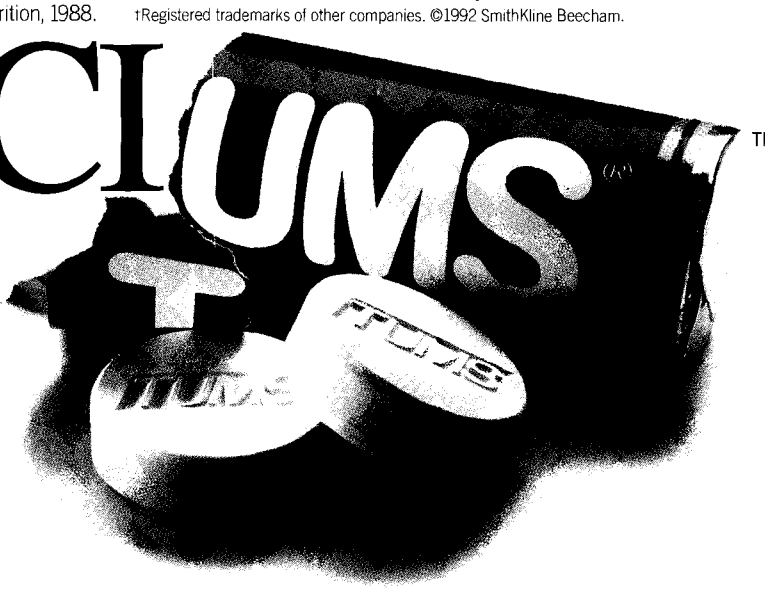


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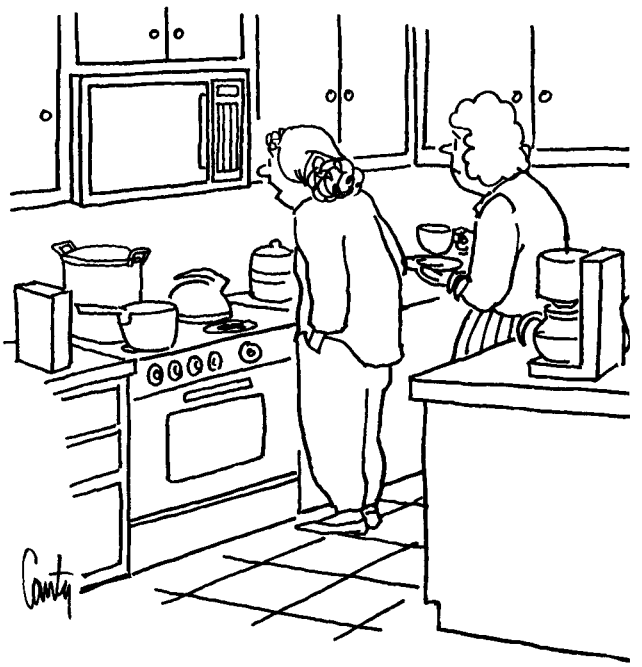
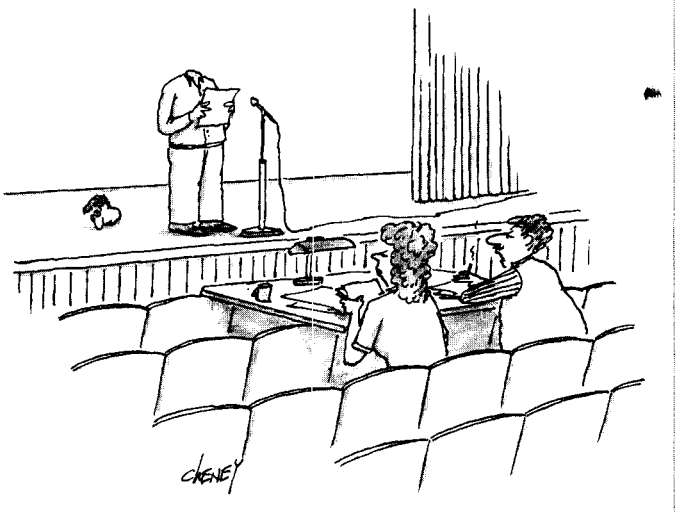
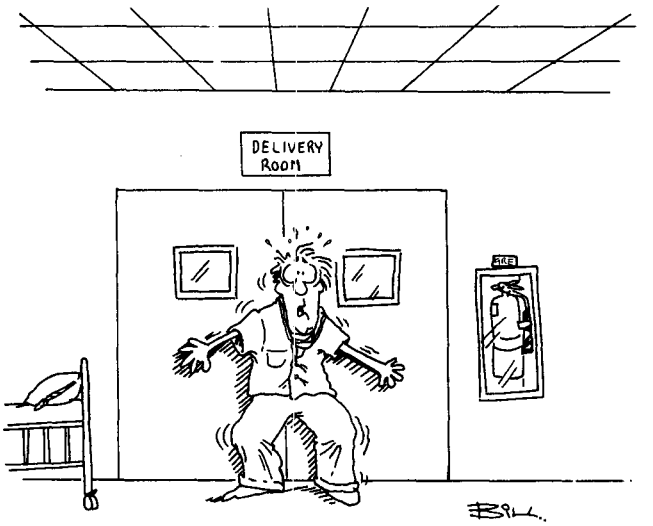
# HIGH ANXIETY



*"I really thought I could handle anything life threw at me—then the microwave broke down."*

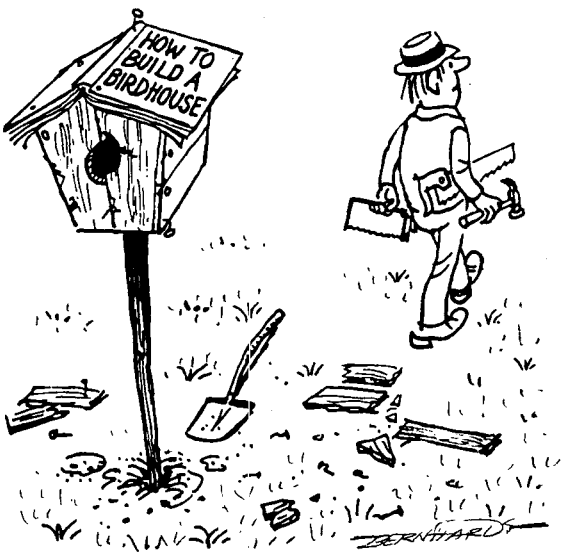


*"Thank you . . . next!"*




*"So that was the miracle of birth!"*

*"Try pressing 'up.'"*

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*"The Original 'In Disgrace'"*
**In full color on fine china;**
**Shown smaller than actual diameter of 8¼ inches**
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# Now you can own a Victorian masterpiece... a Bradford Exchange recommendation

Through the years, it has often been reinterpreted by others. Now, Charles Burton Barber's Victorian masterpiece, "In Disgrace," is celebrated in a beautiful new collector's plate. And, like exceptional plates that command hundreds of dollars on the plate market, "The Original 'In Disgrace'" appears to have what it takes to go up in value once the edition closes.

Not every plate goes up in value; some go down. But the edition of "The Original 'In Disgrace'" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So, if you wish to obtain this plate at the $29.00 issue price, the time to act is now. To order your plate – fully backed by our 365-day unconditional guarantee – send no money now, simply complete and mail the coupon at right.

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*Plus a total of $3.49 postage and handling, and sales tax where applicable.
The plate price in Canada is $39.00. Pending credit approval.

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**He leaned over, reached down, and grabbed me up. The next minute we were off and away.**

# REDBEARD THE PIRATE'S PERFECT DAY

## A CHANTEY SUNG BY Q. to A.

### By HORATIO WINSLOW

*Illustrated by E. F. Ward*

*Synopsis: As we ended last issue, Red, the daring, red-whiskered sailor had separated the attractive Miss Mulliford from her fiancé, Whitmore, and had taken her for a wild tour of the Palomar County Fair, breaking almost every rule of decorum, and being pursued by both police and MPs. With Miss Mulliford's help, Red had just performed a "swabbo," successfully evading the MPs and disappearing into the fair's "nudist colony." Miss Mulliford was having the best time of her life, she now admits to the lawyer, Mr. Emery, to whom she is recounting the tale, and who she hopes will be able to prevent her fiancé, Whitmore, from taking revenge on Red.*

Question: Red in a nudist colony—dear, dear me!

A.: That's exactly how I felt. Though it wasn't so much a colony as an open-air theater, with seats on the side of a little hill. At the right of the stage you could see a hydrant with a fire hose attached. Probably something around there was inflammable.

Q.: Probably something was.

A.: Really, Mr. Emery, it wasn't as nudist as advertised. The five girls on the stage were all dressed in the places where they ought to be dressed.

Q.: How did the boys like it?

A.: Well, every seat was taken. But you couldn't call it interesting. The five girls just sat around and read Wild West magazines; a talking machine somewhere played "On the Beach at Waikiki"; and now and again somebody would say through the loudspeaker, "What is nudism? It isn't Buddhism. It's a new way of life. Remember to stay and watch Zuleika, queen of American nudists, greet King Zozo, undisputed monarch of nudism in Europe."

Q.: Another foreign entanglement.

A.: The girl with long hair was Zuleika. Well, on the right, and be-

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Advertisement

*See Why...*

# Where There's A Will Heirs Pay

Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust. And you don't have to be rich to enjoy it's benefits.

A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possibility of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a Living Trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a Living Trust is only for millionaires --- you couldn't be more wrong. Whether you earn $25,000 or $100,000 a year -- and whether your assets are huge or small -- a Living Trust will save you money. In fact ... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. Less than the cost of a good dinner out. We are so certain that you will find it invaluable that we insist you examine it on a 90-Day No-Risk Guarantee. It's easy to get your Living Trust Kit. All you have to do is print your name and address and the words, "Living Trust" on a plain piece of paper. Send it along with your check or money order in the amount of $19.95 plus $2 handling or charge to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W3746, 708 - 12th St. N.W., Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W3746.

Send for your Living Trust Kit within the next 15 days to also get a unique Free Bonus Report on estate planning. Supplies are limited so you must act now.

*Want to save even more?* Do a favor for a close relative or friend and order a second Kit at a $10 savings. That's 2 for only $31.95. Use your Kit for 90 risk-free days. Show it to your lawyer or advisor. If not 100% delighted--don't keep it. Simply tear off the cover and send half of it back for a full refund. Fair enough?

A Living Trust is too important to put off another day. Order by phone or mail now!

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hind the hydrant, was a stucco cliff with a row of holes the size of doorways. A brown curtain hung in each one—dressing rooms. On the curtain of the doorway farthest from the audience was a poster of King Zozo. He had whiskers.

Q.: That must have made you think of Red.

A.: I'd just begun to wonder where Red was when the announcer stopped talking about nudism and Buddhism, and said, "Attention, all police officers, all special officers, all others with authority to make arrests. Fair headquarters hereby notifies you that a reward of $50 will be paid immediately to anyone apprehending and bringing to those headquarters the following tall, red-bearded sailor." Then he went on and gave Red's description and told what he'd done that afternoon—most of it we'd done together. But I wasn't prepared for what came next.

Q.: What was it, Miss Mulliford? A civilian defiance to the admiral and his shore patrol?

A.: It was about me, Mr. Emery. "Female companion"—those were the words used. They offered $25 to anybody who'd arrest Red's female companion.

Q.: I should call that cut-rate offer an insult.

A.: A minute before, I'd been a happy, carefree girl. Now I was a criminal with a price on my head.

Q.: It'll help, when you write your memoirs.

A.: While I was trying to make up my mind about the best thing to do, the announcer said: "That is all from fair headquarters. Here in the nudist colony, America now greets Europe. Queen Zuleika welcomes King Zozo. Behold King Zozo!" Zuleika got up; the other girls stood behind her and they all looked toward the stucco cliff. The talking machine played "The Stars and Stripes Forever." When it reached that bumpty-bump-bump part, the announcer said again, "Behold King Zozo!"

Q.: What was your impression of King Zozo?

A.: That was just the point, Mr. Emery: You couldn't behold him because he didn't appear. The talking-machine record ended. Somebody started it over again and once more the announcer said, "Behold King Zozo!" Nobody came.

Q.: Don't tell me this is a murder mystery.

A.: Everybody in the audience was getting nervous, and you could notice Zuleika and the other girls whispering to each other. Finally the announcer said for the fourth time, "Behold King Zozo!" The little curtain with the poster was pushed aside and there he stood.

"We've got to stop seeing each other like this."

Q.: King Zozo at last.

A.: Not King Zozo, Mr. Emery. Red—in a pair of white trunks.

Q.: You're working too fast for one of my years. Admitting his undoubted genius, how could Red become King of the European nudists in such short order?

A.: This is what had happened: When Red dropped over the wall he found himself at what you might call the back door of the stucco cliff. He laid his clothes to dry in a patch of sun and crawled in where he thought nobody could see him. Well, Mr. Emery, there he was in King Zozo's dressing room, and right off the king had started to yell for help. Of course Red had to quiet him. Then Red tied him up.

Q.: One of the risks and hazards of royalty.

A.: When the announcer began to call for King Zozo, Red felt he might just as well take a chance impersonating the king as wait in the dressing room till somebody found him out. So he did. The girls didn't give him away, Mr. Emery; they just smiled at him.

Q.: That old magnetic personality, Miss Mulliford.

A.: Red took Zuleika's hand, made a low bow, and was getting away with it, when a little sailor in the back row stood up and hollered, "Hey, Red, you know me. Ask her if she's got a friend." Then, Mr. Emery, everything seemed to happen at once.

Q.: The forces of law and order wanted that $50.

A.: And they started right after it. But, Mr. Emery, you ought to have seen the way Red got that fire hose into action.

Q.: Naval efficiency.

A.: Using it like a machine gun, he backed up slowly till he was almost at the stucco cliff. Just then, from the dressing-room door behind him, out popped the real King Zozo, and you should have seen that man's face, Mr. Emery!

Q.: Contorted with rage, as the boys say?

A.: His eyes were mostly whites; all his teeth showed; and in his hands he had a sheet he was getting ready to throw over Red's head. I screamed, "Red, look behind you." Red didn't hear me.

Q.: Don't spare me: I want to hear it all.

A.: There was a flash of white, the sheet was around Red, and the two of them had fallen backwards and rolled through the dressing-room doorway. The hose dropped to the ground and began threshing around like a snake.

Q.: Something told me I should have gone to that fair.

A.: I'd shut my eyes, because I couldn't stand the excitement, when somebody yelled, "There he is! Grab him!" When I opened my eyes there

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"An ounce of prevention is worth a pound of cure!"

# FACT: Septic Helper prevents septic problems and saves you $$$$!

**Let Septic Helper prevent and stop all septic tank and cesspool problems.**

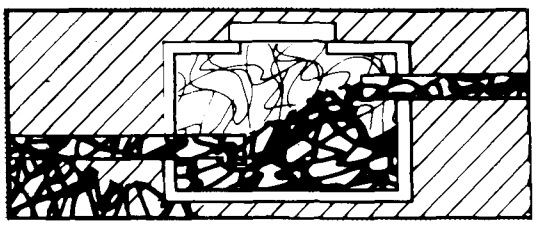
**AVOID:** costly expenses pumpouts • wet spots re-doing drain fields • clogged drains • offensive odors

**100% GUARANTEED**

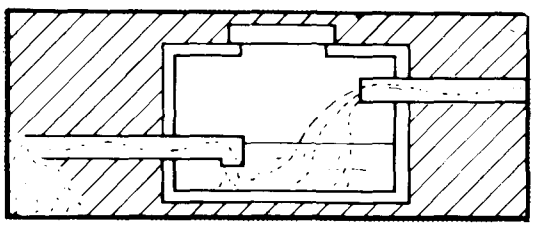
Do away with pumping out your septic tank periodically and SAVE money at the same time! Just a small amount of SEPTIC HELPER converts all wastes into liquid. SEPTIC HELPER goes right to work to digest solids, then cleans the interior walls, and proceeds to the drain fields. It opens the earth and allows it to percolate. Even though SEPTIC HELPER is a powerful cleaner, it's HARMLESS to humans, animals, plant life and all piping.

**Finally...Septic Maintenance Made Easy!**

## Septic Tank/Cesspool Before



## Septic Tank/Cesspool After



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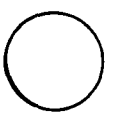

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was a pile like you see on a football field after a fumble. I could see one edge of the sheet and a pair of long bare legs sticking out underneath.

Q.: Poor Red! I'm sorry they got him.

A.: The crowd piled off. Then they began working at the sheet. It was tied around him with a hard knot. They had to cut the rope.

Q.: Was Red hurt?

A.: But it wasn't Red, Mr. Emery.

Q.: Wasn't Red? Who in tunket was it?

A.: It was King Zozo. You see, Red had used his vaudeville stuff; he'd whipped out of the sheet; doubled it back over the king and then tied him up again and rolled him out of the dressing room. Before they found out the mistake Red was gone.

Q.: You'll excuse me, Miss Mulliford, while I wipe the sweat from my brow and take a few long breaths.

A.: Back on Administration Boulevard I was just beginning to breathe again myself, when two shore-patrol boys stopped me. "Act nice, sister," they said, "because we've got the goods on you. You're Red's sweetie and a guy heard you say you're meeting him tonight at seven o'clock on the corner of Shakespeare Lane and Court of Honor Promenade. We'll be there with you, because we want to meet Red too." I said, "If you don't let me alone I'll scream."

Q.: Quite right. The Navy has no authority over civilians.

A.: They said, "Look, sister. We don't want the cops to get Red. Neither do you. It'll be just that much more out of his pay. But if you won't play ball with us, we'll let the cops get him and we'll cash you in for the $25. Now what?"

Q.: A heartbreaking dilemma.

A.: There didn't seem any way out. I said I'd string along with the Navy.

## IV

Answer: They offered to let me eat dinner, but I couldn't eat anything, Mr. Emery. So, a little before seven, they took me to the corner where I'd arranged to meet Red. There was a wall back of the bench, and it seemed as though half of the Navy were hid and waiting behind that wall.

Q.: An agonizing situation.

A.: And everything on all sides was so gay. The Official Fair Band was playing a program of old favorite songs; actors from the Shakespeare Theater and Spaniards from the Spanish Village came by in costume. Everybody happy. And I sat there, with my heart a piece of ice.

Q.: Just like the heroine of a novel.

A.: And every now and then it seemed as though it would stop beating when I'd see a couple of special officers or a shore patrol come along with a red-whiskered sailor.

*"It's the latest thing, dear—the Ed Norton look!"*

Q.: With Red?

A.: Oh, no, Mr. Emery, it was never Red, though I counted seven that had the same kind of whiskers. I suppose their throats were delicate; though judging by the way they objected it didn't sound as if their throats could be very delicate.

Q.: Sweet mystery of life in the Navy.

A.: Each time one of the shore-patrol boys from behind the wall would take a peek and then whisper, "Naw, that ain't him." Then he'd get down again. Well, Mr. Emery, I'd made up my mind to one thing.

Q.: What was that?

A.: Just as soon as I saw Red I was going to yell and warn him—even if they shot me for it.

Q.: Good for you.

A.: I was sitting there, Mr. Emery, when all at once I heard a sound coming nearer and nearer—like this.

Q.: You mean like this.

A.: That's it, Mr. Emery.

Q.: Coconut shells would be better, but I'll make these two paperweights do. How's that?"

A.: Gallop! Gallop! Gallop!

Q.: *Gallop-gallop-gallop!*

A.: Round the corner from the Court of Honor Promenade came a big white horse. Riding the horse was——

Q.: Don't tell me—I want to guess. The rider wasn't Richard the Lionhearted because it was——

Q. and A.: Red!

A.: He was all dressed up in Richard the Lionhearted's armor—I suppose he'd walked in and "borrowed" it, including the horse. You couldn't see it was Red because the helmet covered his face; but I knew.

Q.: *Gallop-gallop-gallop!*

A.: I stood up. It seemed as though it was something that had happened to me before.

Q.: Woman through the ages, waiting to be carried off by the right young man.

A.: I stood up; the horse was very close now.

Q.: *Gallop-gallop-gallop!*

A.: Red didn't even hesitate. He leaned over, reached down, and grabbed me up. The next minute we were off and away with the Navy yelling after us. But I just kept my eyes closed and snuggled up close to Red.

Q.: Kidnapped by Richard the Lionhearted!

A.: There was never anything like it. And when Red wasn't yelling to people to get out of the way, he said things to me. Wonderful things. Tender.

Q.: Never judge a man by his whiskers.

A.: Somehow we got through the gates and across a couple of fields and down an arroyo. Then we stopped under the cliff by the harbor's edge, with the fleet lying at anchor beyond.

Q.: I know I won't be able to sleep tonight.

A.: We jumped off the horse and Red chased it down the beach; then he

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pitched his armor into the water, kissed me, and said, "I'm going to swim out to the old wagon and save a lot of trouble. Good-by, Peaches, and get out of here quick, because they're coming." He kissed me again and dove into the surf.

Q.: Happy ending.

A.: I climbed the stairs to the top of the cliff, just before a lot of police came hooting up on motorcycles. They followed the horse. At that moment Red turned to tread water and wave both arms at me. It was as though he'd given the signal.

Q.: The signal? What signal?

A.: The signal to the Official Fair Band, Mr. Emery. Because at that very moment the band started playing another old favorite—"The End of a Perfect Day". . . . And it had been so perfect, Mr. Emery. I sat down and cried for two hours.

## V

Question: So Red got away. Remarkable young man.

A.: And ever since I met Red, Whitmore's been studying Spanish.

Q.: Because he can't express his feelings adequately in English?

A.: No, Mr. Emery; he's studying because, if a certain thing happens, he's going over into Mexico.

Q.: Let's hope it happens; then you can wave Whitmore good-by.

A.: But, Mr. Emery, once Whitmore's over the border he's going to gather together a few trusty natives and start in as a bandit. And first of all there's the tragedy to consider.

Q.: Oh, there won't be much tragedy: The Mexican Government has had lots of experience. Besides, what's the difference?

A.: You don't understand what I'm trying to say. Whitmore's bought a big blue pistol.

Q.: He'll need it.

A.: But, Mr. Emery, he's going to shoot at somebody.

Q.: I'll bet he misses.

A.: Mr. Emery, you've forgotten Red.

Q.: Forgotten Red! No, Miss Mulliford, never. Forget Red! Not so long as a single drop of blood courses through these aging arteries. You don't mean, do you, that before turning bandit, Whitmore is going to blast Red?

A.: That's what he keeps telling me.

Q.: Going to swim out to the fleet with the big blue pistol in his pocket?

A.: It's not a joke to me, Mr. Emery. Besides, Whitmore says he's going to shoot the pistol when Red comes to see me in Pasadena.

Q.: Whitmore will be chagrined when Red catches the bullet between his teeth.

A.: You shouldn't talk that way, Mr. Emery. The tragedy might be taking place at this very minute.

Q.: Red coming to Pasadena this morning?

A.: Yes, he is.

Q.: On a white horse?

A.: He says he's coming in the admiral's car.

Q.: Then Red and the admiral are on speaking terms again?

A.: Not exactly, Mr. Emery. You see, Red told me he's going to borrow the car without mentioning it to the admiral. But of course that's impossible because it's an expensive car and the admiral has it very carefully guarded.

Q.: Just the same I'm betting on Red.

A.: It's fantastic, Mr. Emery. But my whole life seems to have become just as fantastic. Here I've been engaged to Whitmore for two years and now Red says he's going to marry me. Did you ever hear of anything so silly!

Q.: That suggests to me that Red has lots of good common sense.

A.: But, Mr. Emery, we haven't any business trifling like this, when a human life is at stake.

Q.: There's no danger. I've heard a lot of different Whitmores talk; but they never shoot anybody—not even themselves. Suppose I call the chief of police, and we'll have Whitmore warned in a highly official and impressive manner to keep his popgun in the bureau drawer.

A.: But—will he keep it there?

Q.: Take my word for it, Miss Mulliford, he will.

A.: But afterwards, Mr. Emery, afterwards; if in despair he becomes a Mexican bandit—then I'll be responsible.

Q.: He won't go to Mexico. Anybody like Whitmore would much pre-

*continued on page 90*

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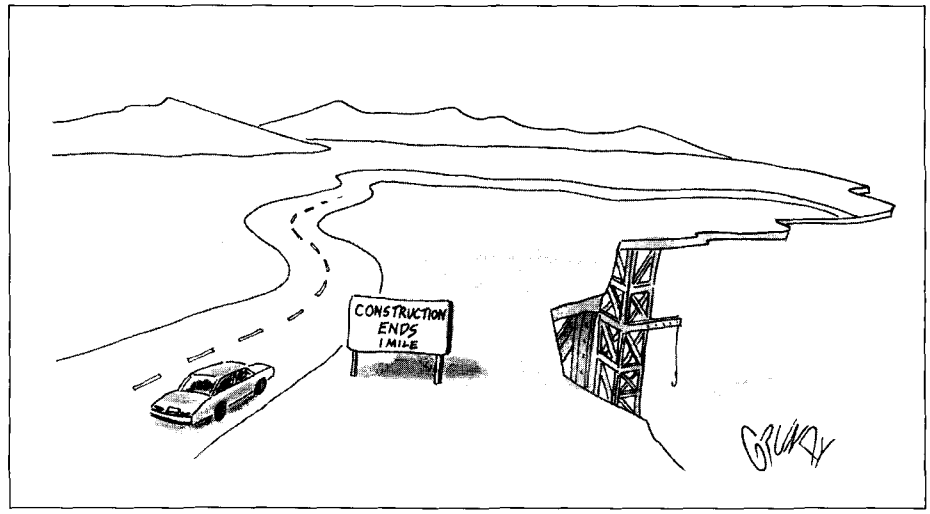


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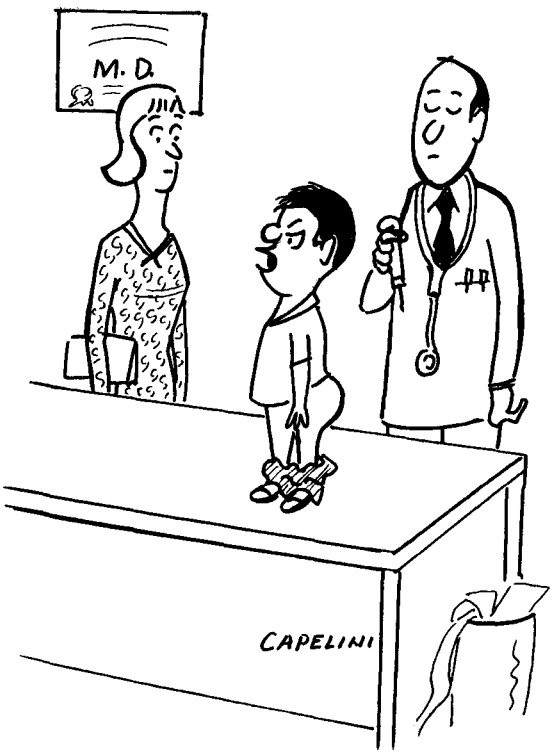
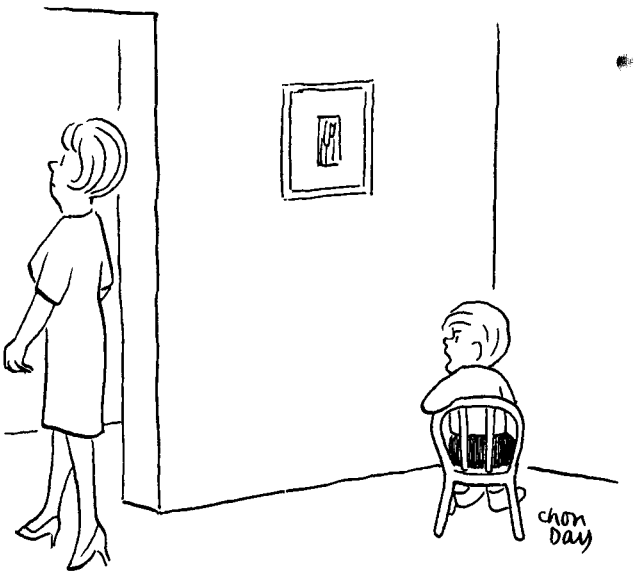
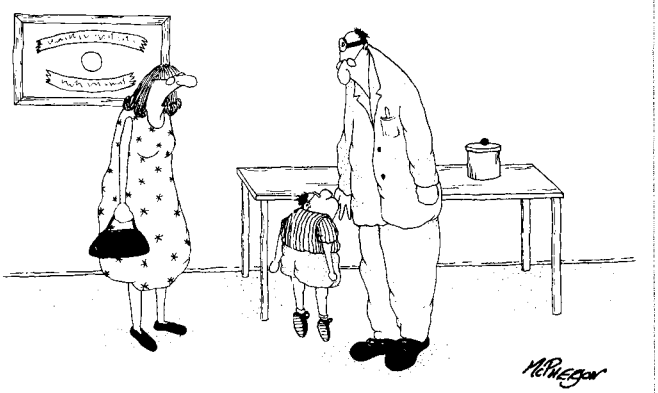
# THAT'S MY BOY




*"Now that's what I call a real stupid place to give a guy a shot for a sore throat."*

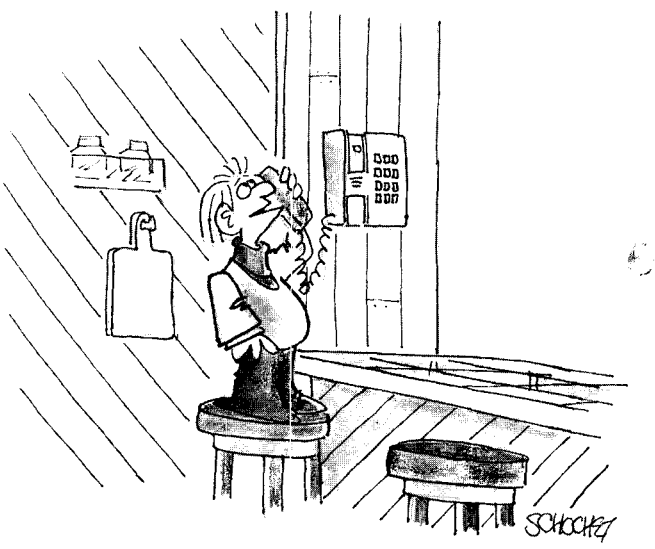



*"I hope this is just a phase you're going through."*



*"I'm concerned about his thumb-sucking."*

*"Looks like Dad cleaned my room again."*




*"Magazines . . . okay . . . we'll take them all!"*

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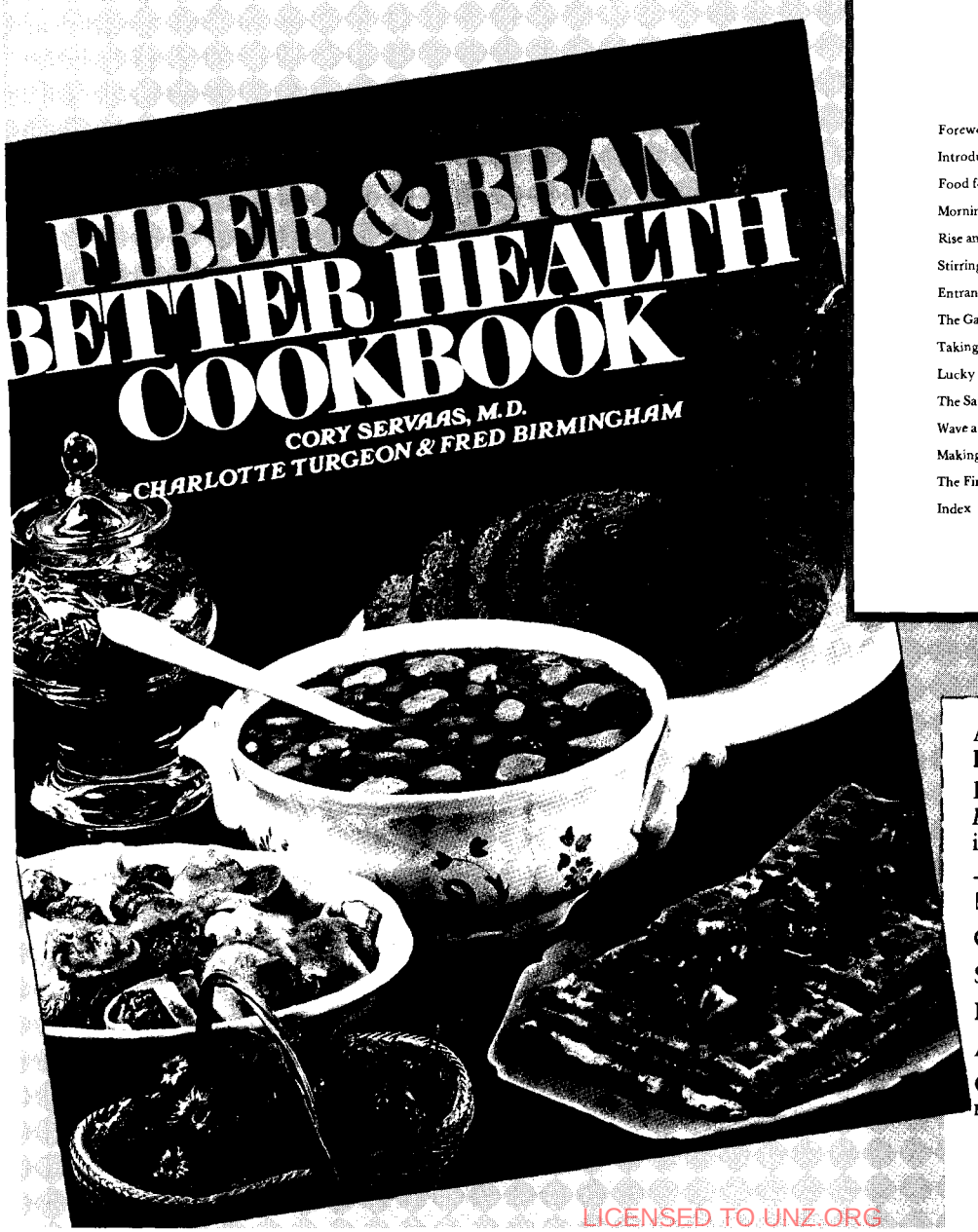


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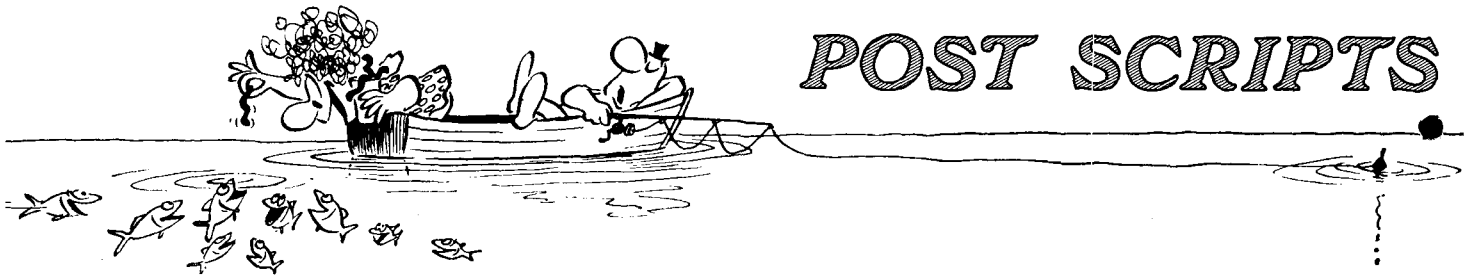


# POST SCRIPTS

### To My Son

My son, please learn about money
And, son, please learn it fast.
You have to make it first
Then you have to make it last.

*—Rex H. Knowles*

### Like Bumps on a Log

Some people are much like blisters—they don't show up until the work is done.

*—Sam Ewing*

### Puzzled Mom

My young son unties my apron strings
Whenever he walks by.
I wonder if this fact means more
Than just what meets the eye?

*—Beth Cook*

### Both Know the Good Word

An exasperated salesman who abandoned his car in a "no parking" zone left this note: "I've circled this block 20 times. I have an appointment and must keep it or I lose my job. Forgive us for our trespasses."

When he returned he found a parking ticket and a note from the meter maid: "I've circled this block for 20 years. If I don't give you a ticket, I lose my job. Lead us not into temptation."

*—Virginia M. Myers*

### Silent Alarm

Noise causes heads to ache
And makes nerves feel so tight,
But nothing creates more alarm
Than children suddenly quiet.

*—Sue Rogers*

### Dearly Departed

Guest: "Is there a florist in the hotel? I want to send flowers to your switchboard operator."

Desk clerk: "She'll be thrilled."

Guest: "Thrilled? I thought she was dead."

*—Laurie Baker*

### Memory Bank

Though I don't own a computer,
I have a place to store
The things I want to remember.
It's my refrigerator door.

*—Bruce Kafaroff*

### Preferred Pastime

If you asked my favorite sport,
Loafing is what I'd choose;
It takes so little practice,
And requires no special shoes.

*—Ramona Demery*

### Love for His Children Shows

A man does not have to show pride
in his children by endless talk;
One can see it in his face as he watches them.

*—Steven R. Dixon*

### Better Than Full of Bull

If I were reincarnated, I'd prefer being a bull in a china shop to being a bull in a meat market.

*—Ron Zeh*

### Just Deserving

Bath for a young boy: grime and punishment.

*—Lois Leurgans*

### Divine Intervention

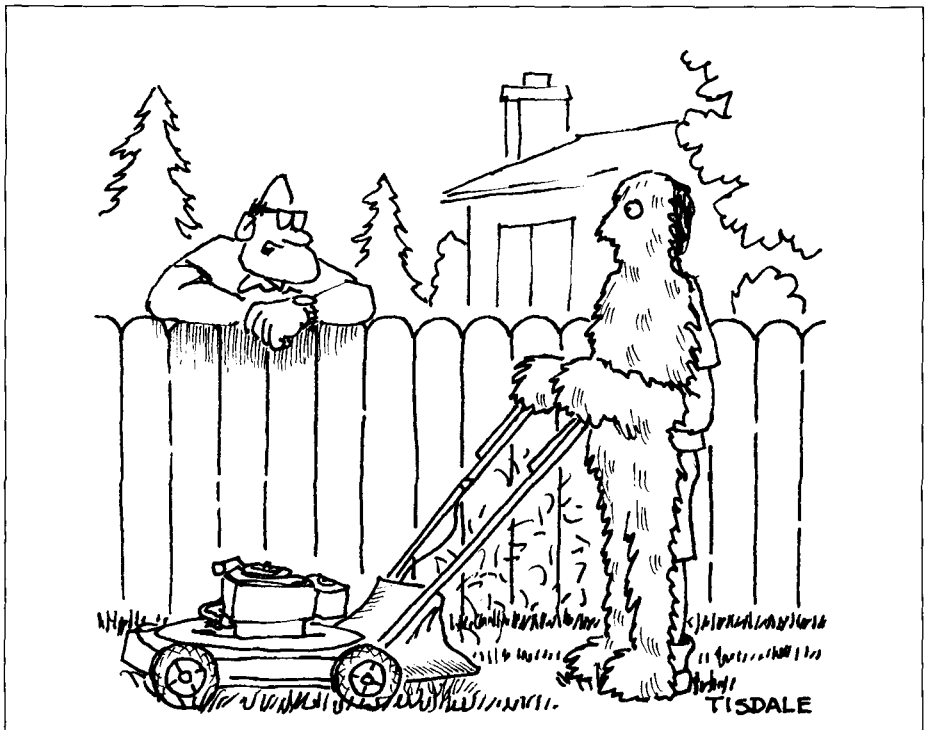
The tyrannical boss called in his chief clerk and said, "Morseley, I understand you have been praying for a raise. Now get this straight; I simply will not tolerate your going over my head."

*—Kris Lee*

### Split Decision

I love my grandchildren dearly,
And adore their visits so.
They always make me happy twice,
When they come and when they go.

*—Joy L. Holman*




*"Say, Tim . . . Did you know that your lawnmower has a rear-bag catcher?"*

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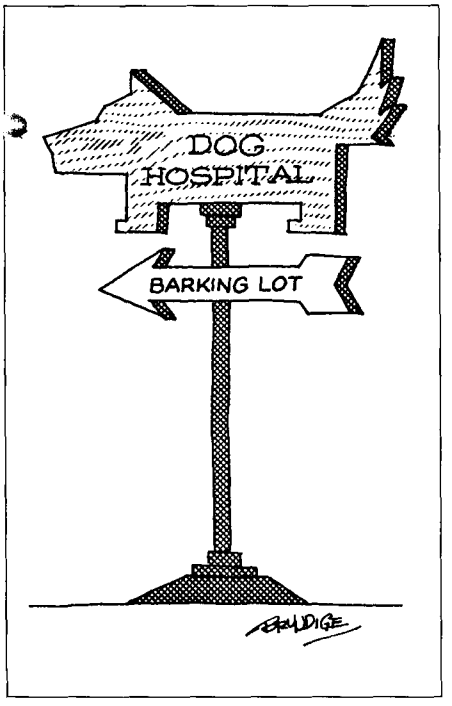


### Mix-Up

From Milwaukee comes the report that a lady called her laundry to complain that she had received in her bundle, six men's socks.

"I'm not even married!" the lady customer declared.

"We're sorry," answered the helpful girl at the laundry. "We'll send a man out right away."

*—Ardis Gossard*

### Time Well Spent

We spend a third of our time working, a third sleeping and a third trying to figure out how we could sleep more and work less.

*—Arnot L. Sheppard, Jr.*

### Room for Improvement

When a friend suggested that she sign up for some adult education courses at a local college, a recently retired lady retorted: "Forget it. I don't understand half of what I already know."

*—Ivern Ball*

### Either Way, We're the Sheep

My grandpa always said there are two types of leaders: Those interested in the flock, and those interested in the fleece.

*—Mrs. K. W. Kenney*

### Completely Out of Hand

While visiting Paris a man sent a postcard of Venus de Milo to his young granddaughter. He wrote on the back, "This is what will happen to you if you don't stop biting your fingernails."

*—Laurie Baker*

### Bows without Arrows

Some people don't hesitate to enter a battle of wits, even when they're completely unarmed.

*—Arnot L. Sheppard, Jr.*

### Pay Now or Pay Later

Every year education gets more expensive, but ignorance costs even more.

*—Sam Ewing*

### The Gremlin in my Purse

I've said it before and I'll say
  it again:
There's a gremlin in my purse.
He's mischevious and sly and I've
  not found out why
He operates in reverse.

He steals the things I'm looking for
That were here just a moment ago.
It must be a game, for when I
  give up
They're back in a minute or so.

Someday I'll zap him and he'll go
Off to limbo, where I know
He'll play throughout eternity
With all the things that were
  once dear to me.

*—Molly Anstiss*

### Could You Hurry?

Nothing is quite so annoying as to have someone go right on talking when you're interrupting.

*—B. Bader*

### Pushing for an Extension

Walking, jogging, and swimming
Are the common exercises for many,
But I'm pushing 60
And that ought to be exercise
  aplenty.

*—Hugh L. Brown*

### Could Have Been Baked

Two potatoes had a baby, and called her Sweet Tater.

Sweet Tater grew up and fell in love with Dan Rather. She was heartbroken when she was told she couldn't marry him: he was just a commentator.

*—Karen Candace Grimminger*

### Go for the Goal

Success is the shortest distance between two points—where you are now and where you could be.

*—Henry Boye*

### My Operation

I got operated on.
My wife protested—to no avail.
When asked what her objections were
She said, "They're opening
  my male!"

*—Rex H. Knowles*

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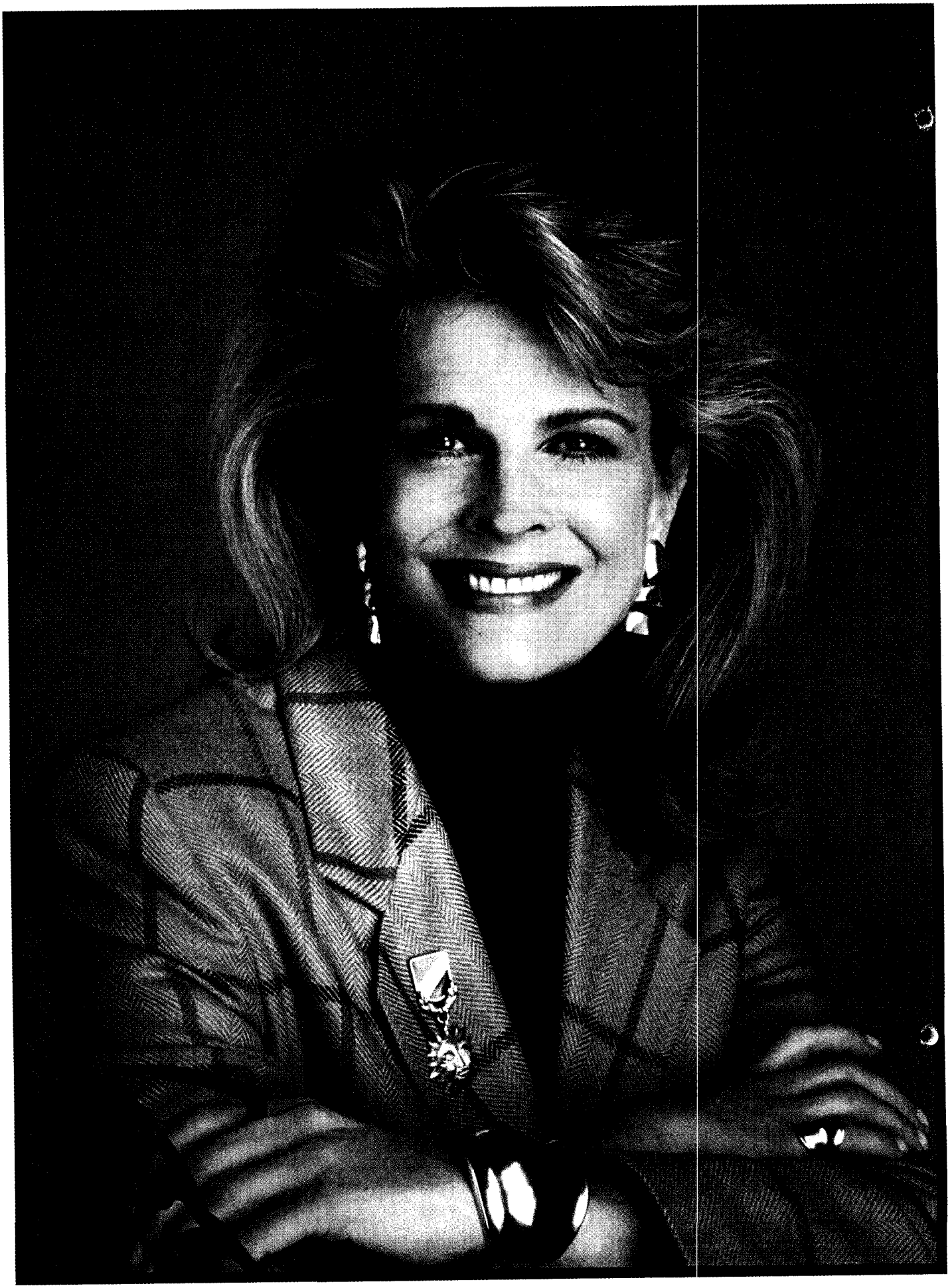

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# CANDICE BERGEN: SWEET SUCCESS

*The nice girl who grew up with a piece of wood for a brother may not fit the character of Murphy Brown precisely but close enough to know that she is "home at last."*

## by Maynard Good Stoddard

What is a nice girl like Candice Bergen doing in the acerbic character of Murphy Brown, a 42-year-old television journalist who is single and pregnant and refuses to marry the father, her ex-husband?

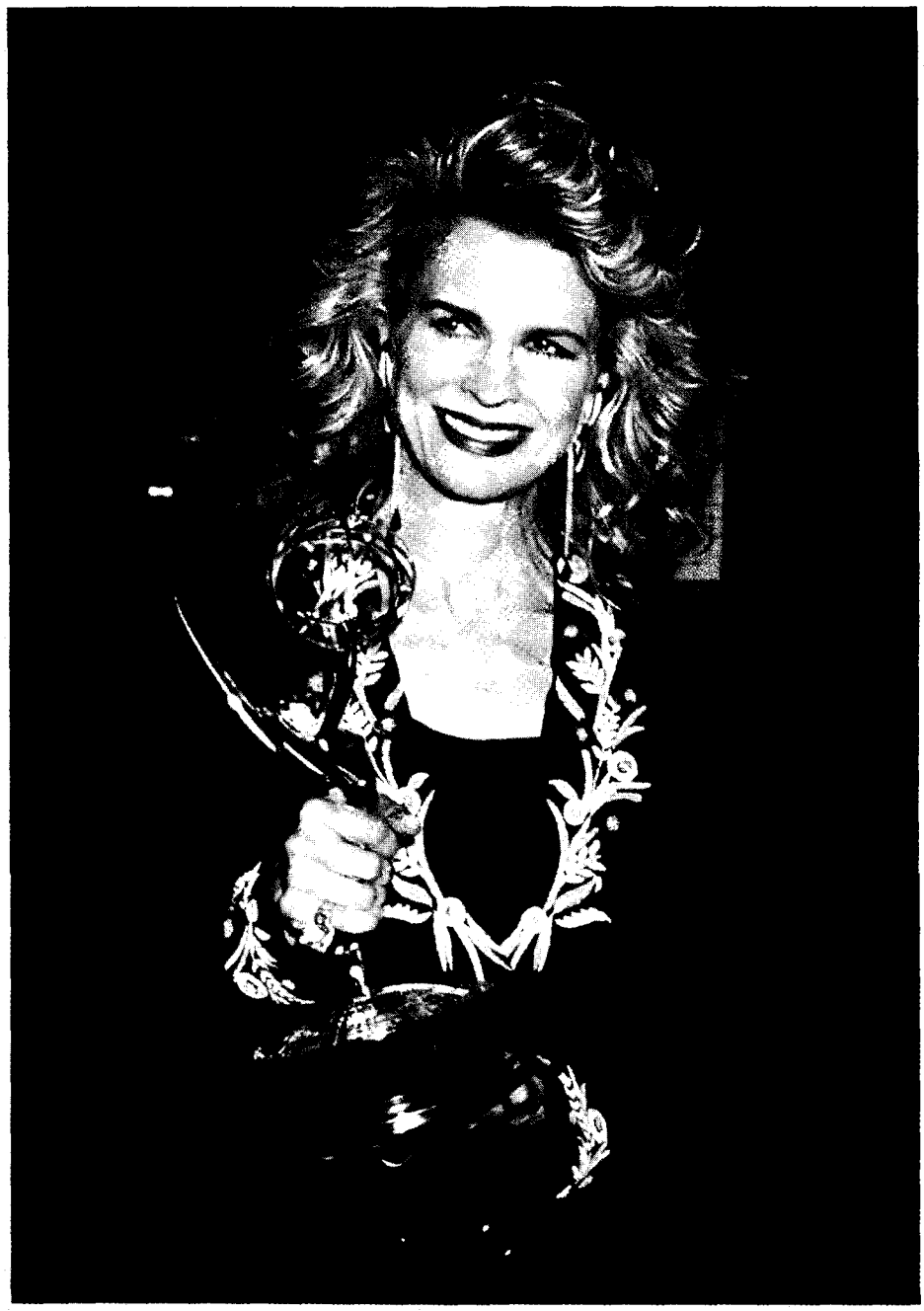
An obvious answer is that she's enjoying the success of this popular CBS series, which has survived its fourth season in the sudden-death jungle of TV sitcoms. A look behind the scenes, however, reveals Candice Bergen as a most un-Murphy-like person who is happily married and loves living quietly.

The daughter of famous ventriloquist Edgar Bergen, Candice grew up in the Hollywood limelight contending not only with fame, but also with a unique sibling rivalry—her wooden "brother," Charlie McCarthy, got more attention than she did.

"Candy never knew a day without Charlie, which was a bizarre relationship for a little girl," Candice's mother, Frances Bergen, says. "How do you explain why this piece of wood was as important as a live, little girl? She was photographed with Charlie in her cradle when she was an infant."

In her teen years, Bergen rebelled. She went through some pretty colorful phases beginning at age 14 when her parents sent her to a school in Switzerland. They later yanked her out upon learning that she had bleached her hair and was majoring in Bloody Marys. "When Candy was 15, I was ready to give her away," Frances says. At 17 Candice enrolled at the University of Pennsylvania, but spent so much time modeling that she flunked out.

Today, her mother can laugh when asked if Candy and Murphy are one and the same person. "They are not entirely different at all," she says. "That's one reason Candy is having



**Widely admired for her beauty and for her acting talent, Bergen relishes the irony of it all—she gained awards (like this Emmy) and big-money stardom only after giving up serious roles for an offbeat comedy, "Murphy Brown."**

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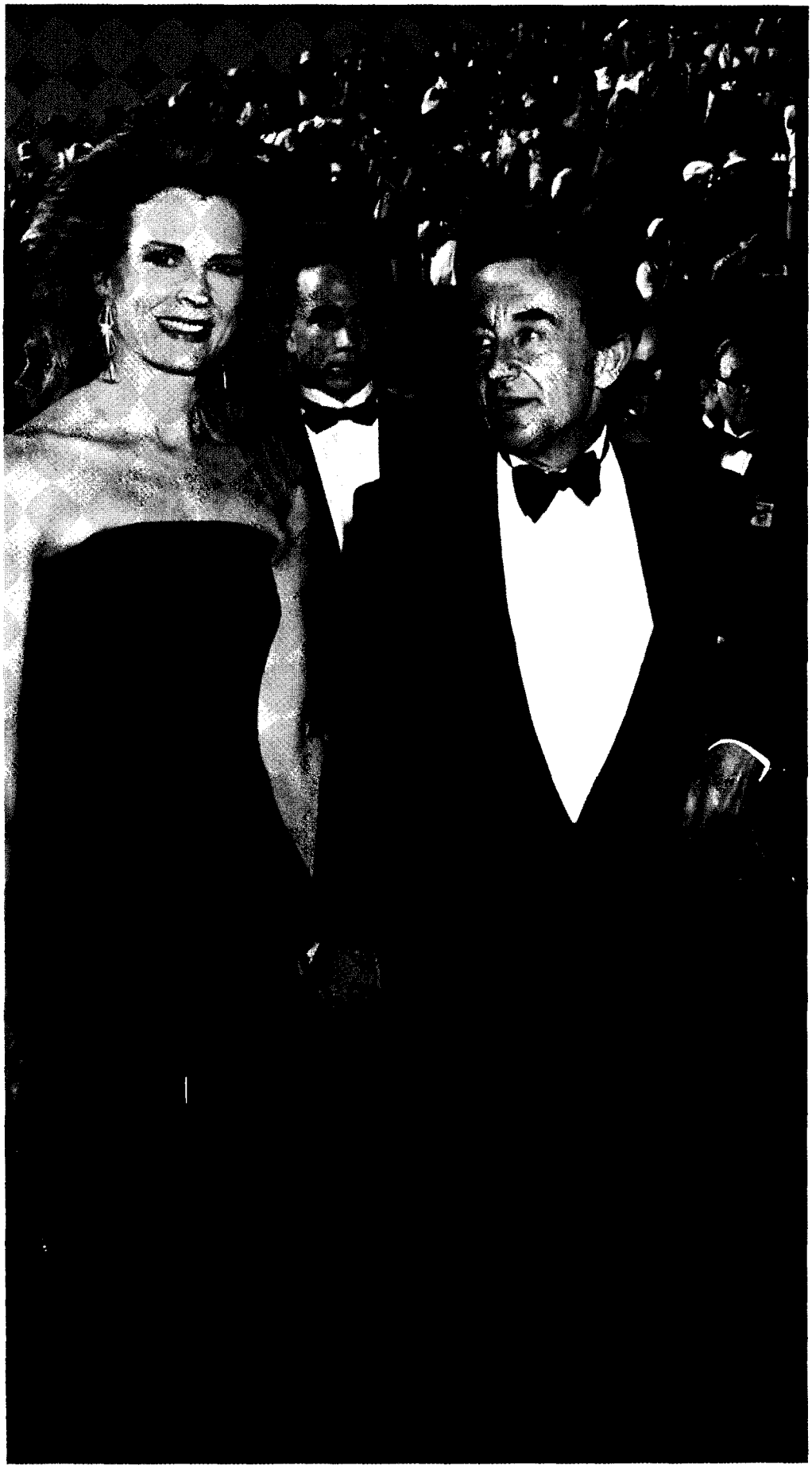

**Although her husband, filmmaker Louis Malle, spends most of his time in France and Bergen must live seven months of the year in Los Angeles, their marriage works. They make a point of going no longer than six weeks without seeing each other.**

so much fun doing the series." Bergen herself confesses it's the kind of "flat-out comedy I've been wanting to do in the movies for years and didn't get a chance to do.

"My father kept pushing me toward comedy," she says. "He would have loved this kind of show."

At 24 Bergen was referred to as the most beautiful woman on the screen. Her romances included affairs with a Brazilian radical and an Austrian count, a date with Henry Kissinger, and a more serious involvement with record producer Terry Melcher, son of Doris Day.

The real thing finally came along, however, after photographer Mary Allen Mark suggested that Candice and Louis Malle, known for directing *Atlantic City* and *My Dinner with André*, might be a perfect match. He was 14 years her senior, divorced with two children, and Bergen at first looked the other way. But ten years later, in the summer of 1980, she and Malle married. Currently their home is Malle's 18th century chateau in Lagagnac, France, as well as a duplex in Paris and an apartment in New York. But nine months of the year Bergen resides in Los Angeles—home of her mother and brother—where "Murphy Brown" is filmed.

Bergen is proud of her role as devoted stepmother to Malle's children—Cuote, 17, and Justine, 14—and mother to Chloe, their 6-year-old daughter. When not on the set, Bergen is at home with Chloe playing games or watching "Sesame Street." Of course, on Monday nights they settle down to watch—what else—"Murphy Brown."

The "Murphy Brown" role was not presented to Bergen on the proverbial silver platter; she lobbied hard to become this outspoken broadcast celebrity—said to look like Diane Sawyer and behave like Mike Wallace. After the first three years home with Chloe, Bergen decided she was not comfortable away from her work. And when she read the pilot script, she was hooked. Although not one of creator Diane English's original choices for the part, she arranged a dinner with English and emerged with the role. And two Emmys now prove that her talent has at last come home.

Although her father would have liked the show, complete with things like a whoopee cushion and "kick me" sign on someone's back—how would

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he, and perhaps millions of faithful "Murphy Brown" fans, embrace the character of a pregnant single woman who refuses to marry the baby's father? "Candice and I both went through a very long period in our early lives when we were just good girls," English says. "And this character has helped us get to another level. We are not afraid for everyone not to like us, either."

A hard and fast rule among compositors is to "follow the copy if it goes out the window." An actor also follows the script even though it may occasionally conflict with his or her moral principles, trusting in the writer's judgment to present an entertaining version of real life that will reach the audience.

Script-writer English and actress Bergen agreed that having Murphy come down with a case of pregnancy while single was worth the risk. They felt the situation to be topical, pointing out the publicity given the babies of TV personalities such as Katie Couric, Deborah Norville, and Meredith Viera. And hadn't Connie Chung taken leave to try to get pregnant? All of this Candice Bergen leaves on the set when she comes home to play with her daughter, read, and spend a quiet evening with her husband. "I can't think of anything greater than that," she says.

Declared to be the least pretentious of Hollywood's celebrities, Candice Bergen is perhaps quietest when "giving something back."

"When I see people losing their families, their homes—even farmers—I have to find a way to do something more," she says. She is now working with the Starlight Foundation, involved in granting wishes to dying children. Her best friends all say that she cares very deeply. So exactly what is Candice Bergen doing in the role of Murphy Brown? She's having fun, speaking out, cashing in, bettering the lives of those around her, and finding joy in the work that makes life complete.

**Clowning around in 1949, Dad and daughter make the most of makeup derived from Mom's purse—the origins, perhaps, of Candice's later comic bent.**

**The Bergen family, wooden member included, celebrated Edgar Bergen's 75th birthday with a cake in 1978. He died seven months later. (From left) Charlie McCarthy, brother Kris, mother Frances, and Candice.**

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Cohill, a centaur on his bunched horse, leaped over and screamed to Company C to follow him.

# MISSION WITH NO RECORD

*By JAMES WARNER BELLAH*

"YOU WILL PERFORM YOUR DUTY TO THE LAST DETAIL, OR I SHALL LEAVE YOUR BONES TO BLEACH UNDER THE PRAIRIE MOON." THAT WAS THE COLONEL'S GREETING TO THE HANDSOME RECRUIT—WHO WAS ALSO HIS SON.

The Officer of the Guard heard the sound of many wagon wheels echoing up from the Sudro Road. It was almost four in the morning and the dawn wind that carried the sound husked across the Fort Starke parade ground, pelting sand at the pine boards of the Officers' Picket Quarters, lashing the taut halyards in a frenzied tattoo against the flagpole.

The O.G. started running—those wagons were the replacement detail, almost a day ahead of time. He skirted the parade ground and took the shortcut past Colonel Massarene's isolated quarters, back toward the guardhouse. Then he stopped stock-still in his tracks, his head cocked to the soft call of a violin—"Samanthe . . . while the moon doth shine . . . Samanthe." Through the lighted window of the C. O.'s quarters, he could see the slender silhouette of Colonel Massarene, head bent, arm crooked to the bow, drawing out a gentle song of lost years and of forgotten candlelight and of jasmine on the night air—"Samanthe——"

ILLUSTRATED BY HAROLD VON SCHMIDT

For a second, the Officer of the Guard stood listening and staring in utter disbelief. A frigid shadow of a man, D. L. Massarene, living in Capuchin solitude with one chair, one cot, one table. Ruling the West and the regiment with it, with the iron hand of duty. Never a meal with another officer. Never a word of praise or a word for laughter. Alone there and friendless, with the grisly sobbing of his violin to lift the lost years from

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his soul and give him surcease.

Suddenly to the O.G., it was as if he were peeping—as if he had sneaked into another man's privacy and desecrated it, for in some strange fashion there was the honor of a woman in that song . . . and bitter tears and lonely desperation. In quick embarrassment, he turned and ran again, toward headquarters and the guardhouse and the slow, rocketing sound of the wagon convoy that was rolling onto the post now from the Sudro Road.

The O.G. came up behind Sergeant Shattuck, and the sergeant swung around. "Recruit replacement from Jefferson Barracks, Mr. Topliff; 18 hours ahead of schedule. General Sheridan rode in with 'em from Elkhorn. He's in post headquarters. A runner's gone for the colonel." D'Arcy Topliff took the headquarters veranda in two long strides. Philip Henry Sheridan, his back to the hanging lamp, was flicking the damper, toeing open the draft, throwing in post oak until the stove roared like a river boat.

"Sheridan, mister"—in a bleak York State twang—"what about coffee?"

"Topliff, Officer of the Guard, sir," and D'Arcy put the duty coffeepot on.

Sheridan stretched out his hands to thaw their numbing chill. He must have looked pinched and blue this way, the morning he galloped in from Winchester to smash Jubal Early, for it can be cold in the early mornings in October in the Shenandoah Valley.

Colonel Massarene, running along the headquarters duckboards, struck the veranda once, lightly, and pushed open the door with a quick insistence that flowed through him easily from head to clicked heels, to voice, "Good morning, general."

Sheridan said, "Seven years, isn't it, Massarene, since we last had coffee together?"

"Seven, sir. Even. On the fifteenth of next month."

Tall, Massarene. Spare, almost to a whisper of pain, but a magnificent animal turned like a fine tool to his job. Colonel of cavalry and nothing more, for there was nothing left to him beyond that. Nor for Sheridan either. But with Sheridan there was a flamboyant touch in mustache and chin whisker, of no depth in their gesture, that the saber blade of his fine nose didn't throw the laugh to.

He said, "Massarene, I'm bringing you an order. I'm giving it to you personally. I'm sending you across the Rio Grande after the Lipans, Kickapoos, and the Apaches. I'm tired of hit and run, and diplomatic hide and seek. Cross the border and burn 'em out, and to high hell with the Department of State!"

"Mr. Topliff," Massarene said, "you didn't hear that . . . except officially. Which is not hearing it at all."

Outside, the recruits from Jefferson Barracks were unloading baggage with the dogged sullenness of early morning, thumping it down to the ground, cursing softly, getting the job done, but with no joy in it.

"Do I have a written order for the mission, general?" Massarene asked.

"No." Phil Sheridan shook his head. "Grant and I will take personal responsibility in Washington, but we want no official paper record to exist. My job is to protect Texas. You cross the Rio Grande and smash 'em, Massarene, as Mackenzie smashed 'em!"

Outside, with the wagon train unloaded and the gray first light loping across the prairie like the shadow of a gaunt wolf, Sergeant Shattuck began calling the roll of the replacement detail, "Andrews, Blake, Cattlett, Fink—"

Inside, General Sheridan said, "Too bad about your son, Massarene."

"I beg your pardon, sir?"

"Being found, I mean. Dismissed from the Academy."

"—Heinze, Hooker, Ives, Jacobs—"

"I still don't understand you, general."

"Your son was dismissed from West Point two months ago. Hadn't you heard?"

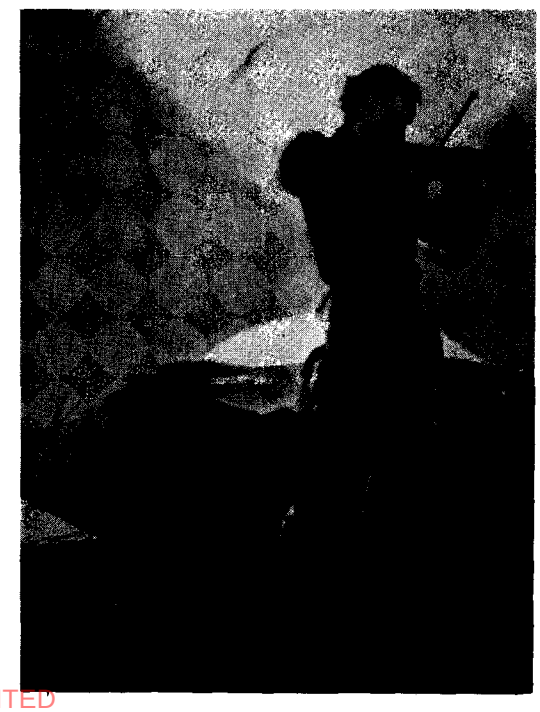
Headquarters was cold suddenly with the tomb's breath, and the years that had passed over the colonel began to flow suddenly back toward him.

He said, "I have had no news of my son, general, since he was three years old. And I never expect to hear anything about him again—"

"—Lowry, Lutz, Marble, Massarene—"

No one of the three in headquarters moved an eye but it was if the living fiber of Colonel Massarene had been belly-kicked—as if a shadow, fast moving, had flicked him with physical force.

After a moment, he said, "I shall



**Through the lighted window he could see the slender silhouette of Colonel Massarene.**

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move out with the regiment, general, at reveille, the day after tomorrow. . . . Mr. Topliff, knock out the adjutant at once." But the sound that hung in the room was the echo of that name "Massarene," like a dead man's coat on a peg.

The news ran through the regiment before morning stable call: "One of the new recruits from Jefferson is the Old Man's son! He failed in mathematics and they kicked him out of the Academy. He enlisted the same day at Highland Falls." And at breakfast in the bachelor officers' mess: "His mother was one of the Fahnestock sisters. Unbelievably beautiful. And the youngster is as handsome as sin, with the Old Man's wiriness. She couldn't take the life, they say. Had her own money. Left Massarene years ago, when he was a lieutenant."

When D'Arcy Topliff spotted the paymaster's wagon and inspected the escort for Sheridan's trip to Elkhorn, the general thanked him.

Then as he climbed in, he turned his head. "You married, mister?"

Topliff smiled. "That's hard to come by out here, general."

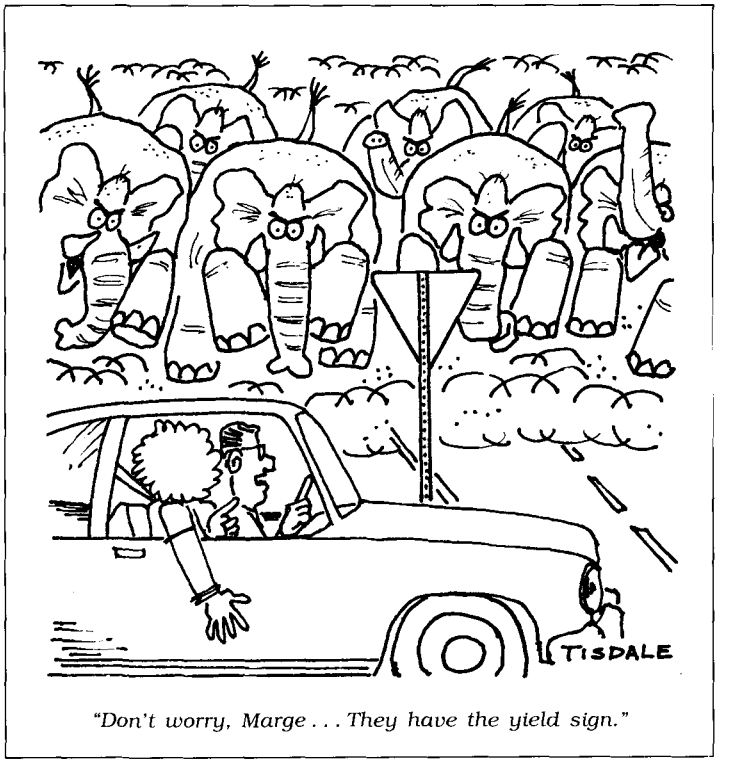
"When you come by it," Sheridan said, "see that it's an Army girl. One that can cook, sew, ride, shoot, breed and keep her complexion, And remember, I told you, mister."

The men joked about putting chevrons on at Starke with hooks and eyes. They hated Colonel Massarene because he hewed so close to the line that no humanity ever got between, only an immaculate military justice that was machine-made, and as icy as the fingers of death. They hated him because he was ever right, and they hated him because they knew they could never love him. "God, I hope the boy has steel; for the Old Man will break him in his two hands, if he hasn't!"

When Colonel Massarene inspected the recruit detail, he looked straight into his son's eyes, but there was no recognition in either man, no wavering.

"I hope the blood of every one of you ran thick down your legs in the Jefferson riding ring," the Old Man said to the detail. "I hope you're all dry of it, except in your hearts. Desert . . . and I'll find you and rope you and bring you back. Go slack in your duties . . . and I'll stiffen your spines against escort-wagon wheels. In this regiment, it is harder to make corporal than it is for a Hindoo to get into heaven. You're for company duty as of today. . . . Dismiss the detail." And he turned on his heel and walked off.

After guard mount, when Topliff marched off as O.G., the Old Man sent for him to come to headquarters. "Mr. Topliff," he said, "only you and I know where the regiment is going. That's enough tongues to leak it. So we'll have no more tongues—not even the adjutant's—in on it. Chart me three alternate routes. Roughly, I want to move southwest from Starke to the Tablelands, as a diversion, and I want to cross the border somewhere between Peco and San Jacinto by forced night march, leaving the escort wagons behind. The moon is dark in nine days. I'll cross then and I'd like very well to have the regiment think it was crossing the Querhada River, rather than the Rio Grande. . . . until the last possible minute. I suppose you understand you may resign your commission? Should General Sheridan die in the midst of this, you'll lose it, and I'll lose mine . . . and everyone else."



*"Don't worry, Marge . . . They have the yield sign."*

"You don't intend to offer resignation to the other officers, sir. You only mention it to me because I was present and know the mission?"

"An order, Mr. Topliff, is an order. I cannot offer it to the others until the Rio Grande is crossed, and then I will not."

Working out the lines of march, D'Arcy Topliff was in the outer office of headquarters when Private Massarene came in. He heard the interview, and it was like the pounding of short in-blows through the partition.

"You sent for me, sir?"

"I did." And a long pause that writhed in the air as the eyes of those two met and whipped at each other like knives. "I sent for you to put it to you straight. That you are my son is merely a matter of official record. For years you have undoubtedly lived with a concept of me, as I have of you. I shall give you my concept of you. It is not pleasant. There are two blood streams coursing in you. One is deeply ingrained in a way of soft and moneyed living—so deeply that pride of oath and commitment is secondary to its continued necessity. That is on your record."

Outside, Topliff could feel in his own cheeks the hot rush of angry blood darkening the boy's handsome face until the lips became white as a new scar. And in his mind Topliff whispered frantically, *Don't answer him. Don't talk back.*

"And it is on your record, too, that you have failed at West Point and been turned out as unfit for a commission. So you have enlisted, in a dramatic gesture, to lacerate yourself by showing your carbine to men you have hazed. Neither the failure nor the attempt to atone for it impresses me. Your other blood stream is mine, but your concept of that is a concept of plumes, parades, and band music. Following the lie of their lure, you have rashly and thoughtlessly placed your living upon the tabletop, and the cards are dealt. I put it to you flatly, that the royal straight flush of glory never comes up in life, and that only fools hope for it. My father shot, for cow-

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ardice, at Chapultepec, the officer son of a United States senator with his own hand. I shall not bedevil you, but what comes to other men will only me to you in this regiment through a meticulous, immaculate performance of duty up to the last detail. You have chosen my way of life; I shall see that you attain to it unto its deepest essence or leave your bones to bleach under the prairie moon!"

Topliff, outside, realized that his own hands were clenched so tightly that his arms ached to the elbows. It was the boy's voice—low, even and controlled, like flicked gloves.

"Do I . . . have the privilege of speaking, sir . . . or do I not?"

"Within the strict limitations of decorum."

"I didn't ask to be sent to this regiment, sir, but I wouldn't have it otherwise, now that I'm here. Except for one thing."

"And what is that one thing?"

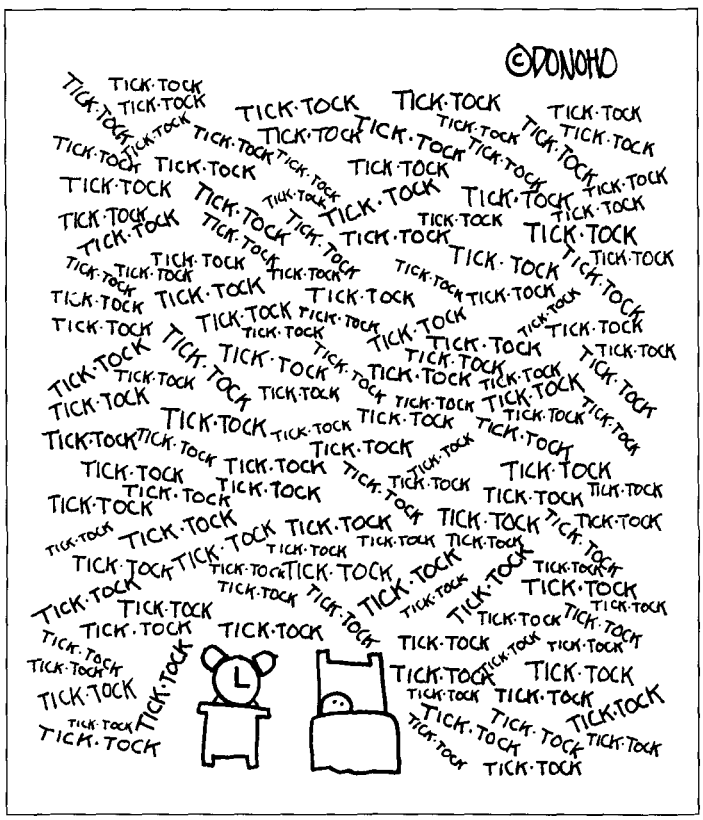
Young Massarene said, "That there might be any faint thought in your mind, sir, that I came to this regiment ever to call you 'father.'"

Jasper! What life can do to people at times, and so uselessly, so wholly without reason.

Young Massarene went to C Company for duty—Lieutenant Cohill's company—but as the way is with things like that, once you've been let in on the inside track, D'Arcy Topliff kept crossing the boy's trail. A lean youngster, lithe and flat in the hips, deep-chested. Loading the regimental escort wagons behind the commissary corral. On the ammunition detail. Post fatigue detachments. Stables. And Topliff watched him closely to see what was there, for there could have been many wrong things.

Because Topliff had gone over to the youngster's side instinctively, when the colonel had flayed him, he stayed over. And without knowing quite how, a part of him got into young Massarene's mind, just as a part of him had got into the colonel's mind when he had heard that violin at four in the morning.

The regiment moved out on schedule and took the long trail down into the southwest country. And sometimes in the days that followed, D'Arcy Topliff rode as young Massarene. Sometimes he rode as the colonel. He was young Massarene when they found the burned-out wagon train and the dead wagoners, with one strapped face downward to a wagon shaft with his tongue cut out, but still alive to the horror of writhing ants. Young Massarene, with the bitter bile in his throat, swallowing eternally to keep his food down against the green corruption in his nostrils. *White gloves and pipeclayed cross belts. Varnished boots and brass buttons in the Hudson River sunlight.* Another world away from Sergeant Shattuck, drawing his revolver carefully and putting it in the wagoner's agonized hand. Picking it up again from where it whipped to, in jerking recoil, from the lone shot that brought peace.




But Topliff was the colonel in his mind, when the smoke was high beyond the head of the column, when they rode slowly down into Corinth Wells to the burned-out houses. Women were dead in the yards, and there was a 12-year-old girl with her mind gone completely and forever to her torn nakedness. "Someone please give me a drink of water and tell me a funny story."

"Cohill," Colonel Massarene said, "take the pursuit. I'll give you 12 hours. Twenty men. Meet me"—he put his finger on his map—"here, at San Jacinto." And Topliff felt it in Colonel Massarene's mind before the colonel said it. Felt it for what the colonel's thinking was, for it is easy to steady recruits with action, but it is the hard way to make them see, and not lash back. It is easy to temper their anger with hot carbines, but it is merciless to hold them in close restraint. And nothing is worse than burying women the Apaches have worked over; nothing is worse than an insane girl digging down again to her mother's dead face in the starlight.

"Don't take the detail from C Company, Mr. Cohill. Take the pickets. And under no circumstances cross the Rio Grande," the colonel said.

Cohill didn't run the hostiles down. They were across the Rio Grande before he hit the river line. Across, as they always were now, safe in formal protocol, reeking with drying blood in the green smoke of their villages, under the theoretic protection of a wreck of empire that had sprawled in disorder since the breeze of Queretaro whipped at the blue smoke of the firing party's rifles and ruffled the blond beard of Maximilian von Habsburg, dead in the dust that rose about his riddled body.

"Don't take the detail from C Company, Mr. Cohill."

So it was for days, as Massarene moved the regiment steadily along. Then presently the regiment was a bad joke to itself—a slow-moving buffoon with the clowns who got the laughs, slapsticking in behind it to strike and dashing up ahead to grimace in derision. Almost they seemed to watch from the other side, time the regiment's march and plan their forays to fit the pattern.

Anger burned deep as bowel pain, and still Massarene held the regiment in his two gray hands, watching it as a surgeon watches sickness, listening

*continued on page 72*

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# SENIOR GOLFERS: GOING FOR THE GREEN

*The good life on the links begins at fifty for some of golf's old-time greats.*

**by John Paul Newport**

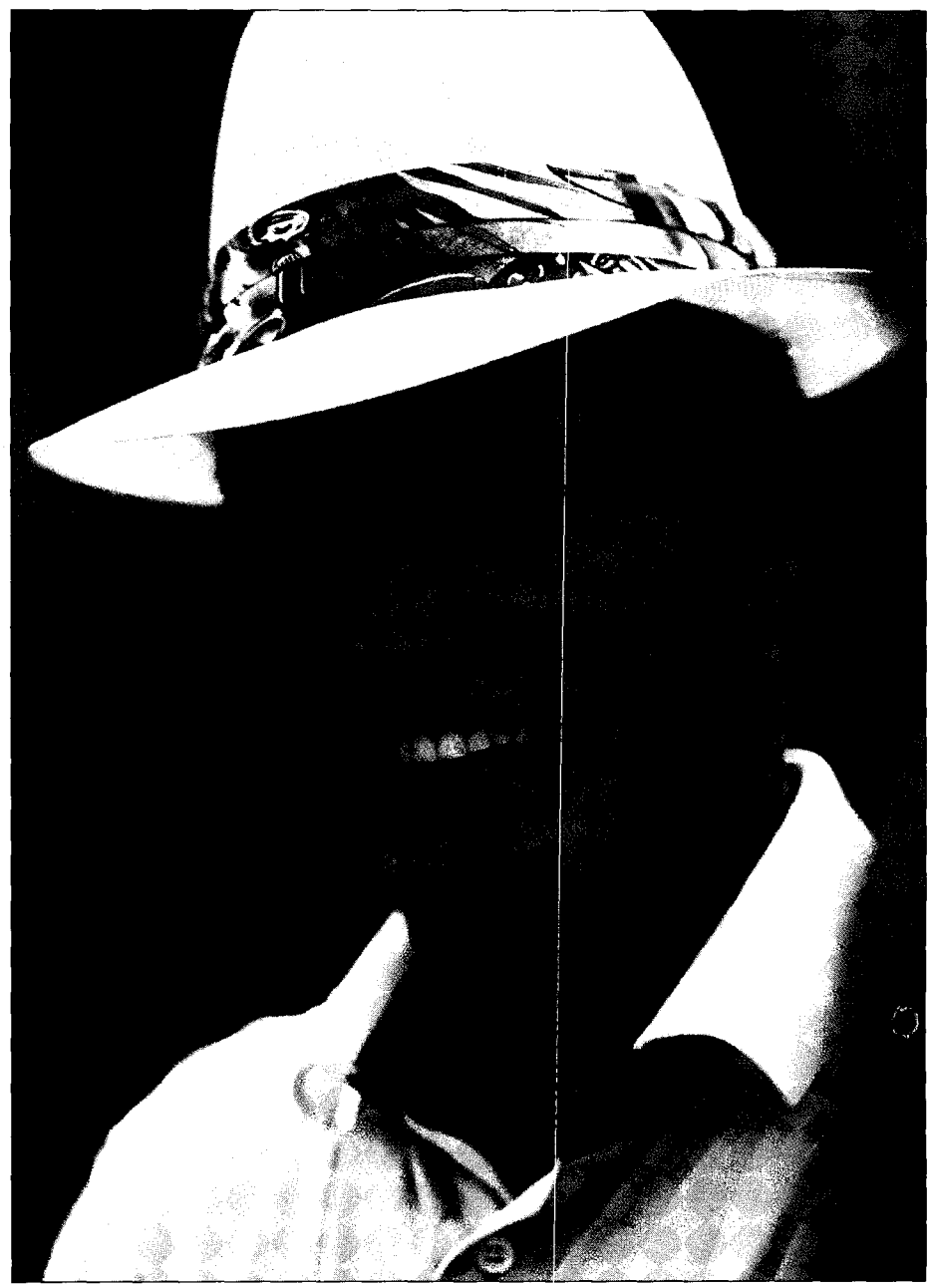
The popularity of the Senior PGA Tour has been one of the most surprising sports phenomena of the past decade. From two tournaments and a meager $250,000 purse in 1980, the tour has blossomed into a 42-event extravaganza with extensive TV coverage, sprawling galleries, and prize money totaling $24 million.

Without question the biggest reason for the success of the tour is the involvement of legends such as Sam Snead, Arnold Palmer, Jack Nicklaus, Gary Player, and Lee Trevino, just to name a few. But an important secondary reason is that golf as played by the senior pros actually resembles golf as played by humans. The same cannot be said of the ballistic, *Terminator*-style golf played by young automatons on the regular tour. It may be awe-inspiring to watch Freddy "Boom Boom" Couples rocket a 1-iron 260 yards to the center of the green, but it's far more instructive and reassuring to watch an older gentleman—someone, say, without a computer-generated swing—plop his drives gently into the middle of the fairway and snuggle his 7-iron right up next to the pin. This is real people's golf.

In fact, in some ways the most intriguing characters on the Senior Tour are the distinct non-legends such as John Paul Cain and Walter Zembriski. These are guys who managed, at age 50-plus, to whip their games into good enough shape to compete against the best. Cain, 55, was a Houston stockbroker when he claimed a spot on the tour in 1989 by open-qualifying for a senior tournament in Michigan—and then winning it. Zembriski, 56, is a former steelworker who played on the regular tour for a year and a half in the 1960s and earned exactly zero dollars. The year he turned 50, Zembriski successfully qualified for the senior circuit and has been having fun, fun, fun ever since. "I've won three tournaments and $1.5 million, and I'm happy as h—," he says. "It's been a second life for me."

The obvious question raised by such achievements is whether other low-handicappers—you, for instance, or maybe your club champion—could, with a little practice, make it on the Senior Tour, too?

The short answer is no. The long answer is about the same, albeit stated with a bit more tact. "If you're one of those guys who will never be content



**It's impossible to hang around the clubhouse at a Senior Tour event and not feel the love of the game. What could be better than teeing it up on a beautiful day for a round of golf with a guy like Chi Chi Rodriguez?**

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without trying, I'd say give it a go," Cain says. "But you'd better not give up your day job." Lee Trevino put it more bluntly recently when asked about basketball superstar Michael Jordan's oft-stated ambition to compete on the Senior Tour. "What does he think we are? A bunch of ducks out here?" Trevino gibed. "Tell him to save his money."

The practical problems facing anyone who wants to make it on tour are daunting. In the first place, the qualifying process has a camel-through-the-eye-of-a-needle formidability about it. Second, if you're lucky enough to squeeze through, you have to master a different golf course every week, you have to play every day no matter how you feel, and you have to love sleeping in motels. It will cost about $2,000 a week for air fare, lodging, food, rental cars, entry fees, and caddies. That's a big nut to cover out of winnings.

More to the point, however, is the lack of experience most tour wannabes have in high-caliber, stroke-play competition. Cain had played in 11 U.S. Amateurs and 4 U.S. Opens before he turned pro, and still he didn't give up his day job. (Cain continues to handle about 60 financial clients.) Zembriski honed his competitive skills by playing the Florida mini-tour for ten long years. Most other successful aspirants without previous tour exposure have similar credentials.

Consider the case of Bob Rawlins, 62, a former amateur champion you'd figure could do well on the Senior Tour if anybody could. A successful, silver-haired Dallas insurance man, Rawlins placed high in several U.S. Amateurs in the 1960s and 1970s, earned low amateur honors in the 1983 U.S. Senior Open, and won the U.S. Senior Amateur outright in 1984. Since joining the tour in 1987, however, Rawlin has had, as he puts it, "A rather unsuccessful tenure—nothing like I anticipated."

As a club player he had always been a first-rate ball-striker, but never took the time to develop a standout short game. At his Dallas club, he says, "after a while you wouldn't bother reading the greens, you'd just putt by tendencies. And if you missed, it didn't make one bit of difference in the match play. But stroke play golf is insidious. Those little marginal mistakes will kill you."

Rigorous competition, Rawlins observes, is what draws the best golf out of a player, and club golfers who haven't faced it don't have a clue about the skills required. "I'm a h— of a lot better now than I used to be simply because I'm around better golfers," Rawlins says. "I mean, Lee Trevino has six different shots he can hit with each club."

Rawlins' experience is significant not so much for what it reveals about the difficulties of making it on the Senior Tour, but for the hope it should inspire in the heart of aging golfers everywhere. At 62 Rawlins is still improving: Last year he finished 51st on the Senior Tour money list, which was his best performance yet. Indeed, for the average club golfer, the most valuable lesson to be drawn from watching the Senior Tour is how to grow old gracefully and still get better at golf.

"When you're older," said tour regular Larry Ziegler in discussing his six-stroke margin of victory at the Newport Cup last July, "you learn how to play well without playing that good." These, truly, are words to live by—they come as close as any to

**Arnold Palmer, 62 and a grandfather of four, can still manage a top-four finish as he did last year at the Transamerica Senior Golf Classic.**

**Late bloomer Walter Zembriski, a former steelworker, went from winning nothing on the regular PGA Tour to making $1.5 million in senior play. Although a slow starter, he holds the record for the fastest round in U.S. Open history—two hours, 13 minutes.**

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## Where to See the Senior Tour

The 1992 Senior PGA Tour began in January and will end with the Senior Tour Champions at Hyatt Dorado Beach, Puerto Rico, December 10-13. Senior Tour tournaments through June include:

- **May 4-10**: Murata Reunion Pro-Am, Stonebriar CC, Frisco (Dallas), Tex.
- **May 14-17:** Doug Sanders Kingwood Celebrity Classic, Deerwood Club, Houston, Tex.
- **May 18-24:** Bell Atlantic Classic, Chester Valley GC, Malvern (Philadelphia), Pa.
- **May 25-31:** Nynex Commemorative, Sleepy Hollow CC, Scarborough on the Hudson (Tarrytown), N.Y.
- **June 4-7:** Painewebber Invitational, TPC at Piper Glen, Charlotte, N.C.
- **June 11-14:** Mazda Presents The Senior Players Championship, TPC of Michigan, Dearborn (Detroit), Mich.
- **June 15-21:** MONY Syracuse Senior Classic, Lafayette CC, Syracuse, N.Y.
- **June 22-28:** Southwestern Bell Classic, Loch Lloyd CC, Belton (Kansas City), Mo.
- **June 29-5:** Kroger Senior Classic, Jack Nicklaus Sports Center, Kings Island, Ohio

Admission prices range from $10 to $25 per day, $35 for a full tournament ticket, and $100 for a clubhouse pass. For those who wish to play, the fee for open qualifying is $200.

summing up the secret of senior golf. Almost without exception veterans say that the biggest difference between their games at 50 or 60 and their games at 30 is how they manage the course and themselves.

Ziegler gave two examples. First, he avoids water and out-of-bounds at all costs, even if that means blocking out the shot, laying up, or otherwise playing it safe. Second, he doesn't get flustered when he hits it into the rough. "I know from experience," he said, "that most of the time I can still pop it up on the green and get my par." And if not it's just a bogey, not a double or a triple.

There are, of course, many aspects to the wily senior game. Old pros place increasing emphasis on ball position rather than on distance, and they are more impressed by patience than by brilliance. "I'm just a lot more knowledgeable about my game than I used to be," says Charles Coody, the 1971 Masters champion and four-year Senior Tour veteran. "I know the things I can and cannot do with a golf ball."

Ben Nelson, a PGA official who works both senior and regular tour events, notes that whereas many young pros are still searching for their golfing identities, the senior pros fully understand what kind of golfers they are, and accept it. "When I was playing just for fun [as an amateur]," says Cain, "I'd try a lot of shots I wouldn't dream of trying out here. Now I'll only use the shot I can reliably perform the most times out of ten."

Jim Dent may be the best example of a golfer who has finally found his identity. In 20 years on the regular tour Dent never won a tournament; his highest finish on the money list was 59th. But last year, his first full year on the Senior Tour, he won four times and came in second four times. On the money list he finished sixth, with nearly $700,000. "I've got a lot more control over my game than I did before," Dent says. "It used to be I'd walk up to my ball, smack it, and then hit the road. Now I think more about what I'm doing." He attributes much of his new success to hard work on his short game.

Dent, still brawny and limber of swing, doesn't seem to have lost any of the distance he was always famous for. But in that regard he is a rarity among the 50-something crowd. For most of his peers, contending with creakier, less supple bodies is a crucial part of the Senior Tour challenge.

"You lose a little distance, the eyes go, the putting goes," Zembriski says with a laugh. "It's aging, that's all." Almost all the seniors stretch religiously and make good use of the stationary bikes and other equipment aboard the Centinela Hospital Fitness Van that accompanies the tour. But few are what you would call exercise nuts. "I don't want to strain something," says Rives McBee, 52, in a typical response. "The main thing I do to stay in shape is walk every round."

By general consensus the biggest physical changes start occurring in the mid to late 50s. "Sixty can't beat 50" is a sentiment one often hears around the tour, but exactly why this is so remains a mystery. "The way I look at it," says Billy Maxwell, 62, "When you're young you get one more good drive per round, one more good iron shot, and one more good putt. When you think about it, that's three shots. And there's no way to explain it."

Most senior pros say the long clubs suffer less than the short game does from encroaching age. "I'm actually

**Bob Rawlins, former amateur champion, admits to a less than exciting performance on the tour, but at 62 his game is improving, thanks to rubbing shoulders with greats such as Lee Trevino.**

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driving the ball better now because I realize what my capabilities are and I'm not stressing and straining to try to get more," says McBee. Don Massengale, 54, says he's more consistent off the tee now than he was in his salad days—and, thanks to today's fancier, longer clubs, not any shorter.

Around the greens, however, the seniors whisper about a loss of "nerves." McBee laments a certain loss of touch and feel in his putting, as if something physical were to blame, like his nerve endings going numb. But most golfers focus on the mental side. "Maybe we're just not as aggressive as we used to be," Billy Maxwell suggests. Coody buys into the mind-game explanation, but offers other hypotheses as well. "Maybe we don't practice as much. Golf is a hand-eye coordination game, so maybe it's eyesight. Maybe we see things differently. I don't know what happens. It's just something."

Aging is not a favorite subject of conversation around the seniors, not because they're seriously trying to deny the inevitable, but because, by and large, they simply don't think of themselves as superannuated. What the senior pros do talk about a lot is how tickled they are to be on the links every day—and getting paid for it. "If playing golf weren't the thing we most liked doing, we wouldn't be here," Maxwell says. "Why else would we put up with that same old suitcase full of dirty laundry every Monday?"

It's impossible to hang around the clubhouse at a Senior Tour event and not feel this love of the game reflected in the back-slapping camaraderie. "On the regular tour the competition had a tougher edge to it," says Tom Shaw, at 51 a newcomer to the senior circuit. "If someone could get an advantage on you—psychologically, say—he would do it. Now the guys have mellowed out. The great thing about the Senior Tour is that you can compete hard and still be good friends."

That's not just the great thing about the Senior Tour, though. It's the great thing about golf. "I ask you," says Cain, the former amateur, "what could be better in life than teeing it up on a beautiful day for a round of golf with a guy like Chi Chi Rodriguez?"

**Lee Trevino had the best year in Senior Tour history in 1990, winning $1,190,518 and being the first player ever to outearn his counterpart on the regular tour as well as the first senior to win over $1 million in a single season.**

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# CATCHING UP WITH "CANDID CAMERA"

*Ten television crews are scanning the United States just waiting to catch people in the act of being themselves.*

## by Patrick Perry

What will people do when they think no one is watching?

The scene: an ordinary doctor's office. Enter a male temporary secretary who is coming to see the doctor about a job opening. At the main desk is a voluptuous nurse, dressed (or undressed) to accentuate her ample assets. Into this cozy reception room walks a young mother and her 10-year-old son. After registering with the nurse, mother and son sit down on a couch very near to the male applicant in the waiting area. The youngster fidgets with an unusual-looking pair of sunglasses, taking them on and off. Soon he turns to his mother and says, "Mom, I can see right through that nurse's clothes! Wanna see?"

Mom feigns impatience and says, "How many times have I told you not to mess with Daddy's inventions? Those are his x-ray glasses."

At this point, the nurse returns and calls the mother and son into the adjoining office. Minus one little thing. Yep—the glasses. Will the male applicant, now alone in the room, try them on or won't he? That's the question.

After the nurse exits the room, he slyly looks around to make sure no one's looking, then quickly puts the glasses on. Unbeknownst to him, a double for the curvy nurse re-enters the waiting room in little more than a sexy slip. Just as he thinks "Hey, whaddaya know, they work!" he hears a familiar refrain: "Smile! You're on 'Candid Camera'!"

No one can predict exactly what will happen when "Candid Camera" is in action—and back in action it is, stalking the unsuspecting in doctors' offices, malls, even mailboxes and telephone booths. As the saying goes, the crew's camera is waiting wherever you "might least expect it."

The stunts are always hilarious. Like the one that has an unsuspecting cab driver arriving to pick up his passenger, only to find the man is in a full body cast. Or the plight of a hungry truck driver, who orders a 14-ounce steak at a café but is brought a *nouvelle cuisine* portion the size of a silver dollar, topped with a fancy sauce and decorated with a fresh flower—not exactly what the man ordered. For some reason, we love to witness each other being caught off-guard. As one writer put it, TV viewers feel they are peering through keyholes at human nature with its

**Actor-comedian Dom DeLuise, assisted by newcomer Eva La Rue, hosts the new "Candid Camera" series, featuring hilarious classic CC stunts.**

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**Remember this scene? On a New York subway, "irritant" Tom O'Malley crowds an unsuspecting passenger who prefers to read his own paper in peace.**

**The stubborn catchup bottle. Patience gives way to irritation after no amount of shaking will make the catchup pour. (The bottle contained red paint.)**

shirttails flapping.

Veteran comedian Dom DeLuise is the new host of "Candid Camera." When the call to do the show came, DeLuise was in his lawyer's office. He searched around for hidden cameras, waiting for that famous line to be spoken at any moment: "I looked around, but the camera wasn't there!"

DeLuise had always been a fan of the original program. "I watched it constantly, and I loved the repeats," he says. "When I was sick I would get better just watching 'Candid Camera'."

DeLuise has more acting credits than Joan Rivers has one-liners, but one of his greatest achievements of late has been regaining his health. With 95 pounds lost and still counting, DeLuise thanks great nutrition and a 12-step program for his success, and now looks forward to hosting one of television's all-time favorites.

Many of the new shows, which will air Monday through Friday in syndication across the country, will feature classic scenes from the original "Candid Camera" created by the legendary Allen Funt and company. Funt is serving as creative consultant to the series, and vows it will have the same integrity as the original. His son Bill and daughter Juliet have also been part of the new program.

Although the "Candid Camera" classics—the talking mailbox; "driving" a car with no engine in it into a filling station; the guard posted at the Pennsylvania-Delaware border informing motorists that Delaware was closed for the day—still make us roll, neo-classics are in the making. Many viewers no doubt will remember the recent CC skit featuring the testing of a product that when applied to the lips acts as a glue—"lipstick" took on a whole new meaning.

To create such memorable skits, ten teams travel around the country in search of the unsuspecting. "I'm sure we'll hit every big metropolitan city in the United States," Andrea Matske, assistant producer of the new "Candid Camera," says. "We have one team based out of New York, but the other nine go three weeks at a time, pick up, and go into a city for three weeks and do 12 segments."

Some of those "caught" by the camera crews don't have the ability to

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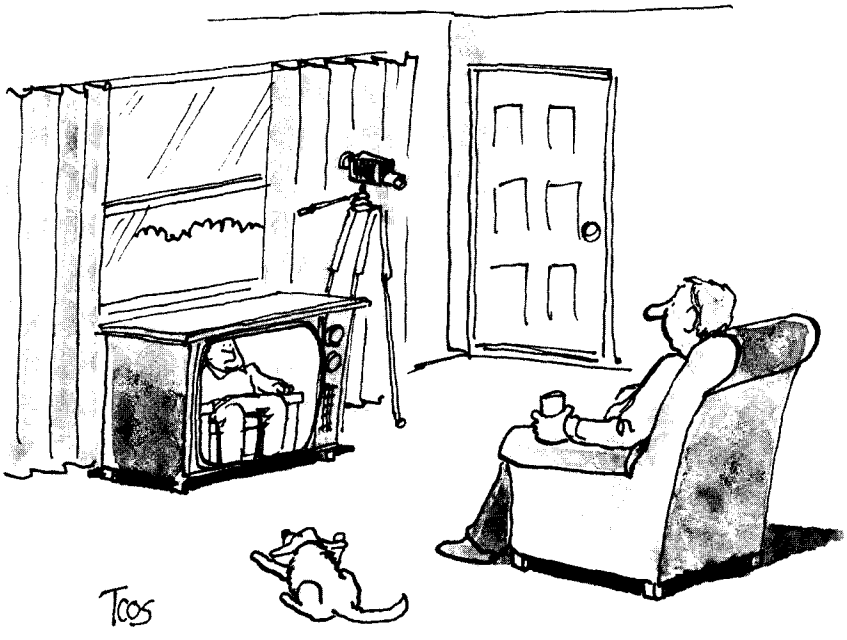


*Andrew has his own show on cable.*

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# THE SUMMER OF MY DISCONTENT

*What do zucchini, yellow jackets, and a lousy ice cream freezer have in common? You guessed it—an identical victim in Freedom, Indiana.*

by Maynard Good Stoddard

*Illustrated by Don Trawin*

Let's begin with zucchini. If someone could cultivate a species of this prolific vegetable that would stop prolifing after you are up to here in the blasted things, he'd make a fortune. It would be about as easy, however, as cultivating a species of giraffe that could stand on its head.

Pour gasoline on zucchini plants and set them ablaze, they flourish on it. Open your zucchini patch to the neighborhood kids for a ball diamond and designate the most productive plants as bases, they thrive on the action. "Pull the (deleted) things up!" rails my dear wife, who already has dishpan hands clear to her elbows from processing the suckers. After all the work that has gone into raising them? Don't be crazy!

I do have one final strategy up my sleeve, which I'll get to in a minute . . . if you'll just hang on.

First, there's the problem of yellow jackets. I refer in particular to the colony that has taken up residence amid the wild onions, wild grape, wild morning glory, lichen, kelp, and assorted stuff we can't even identify, which we call our front lawn.

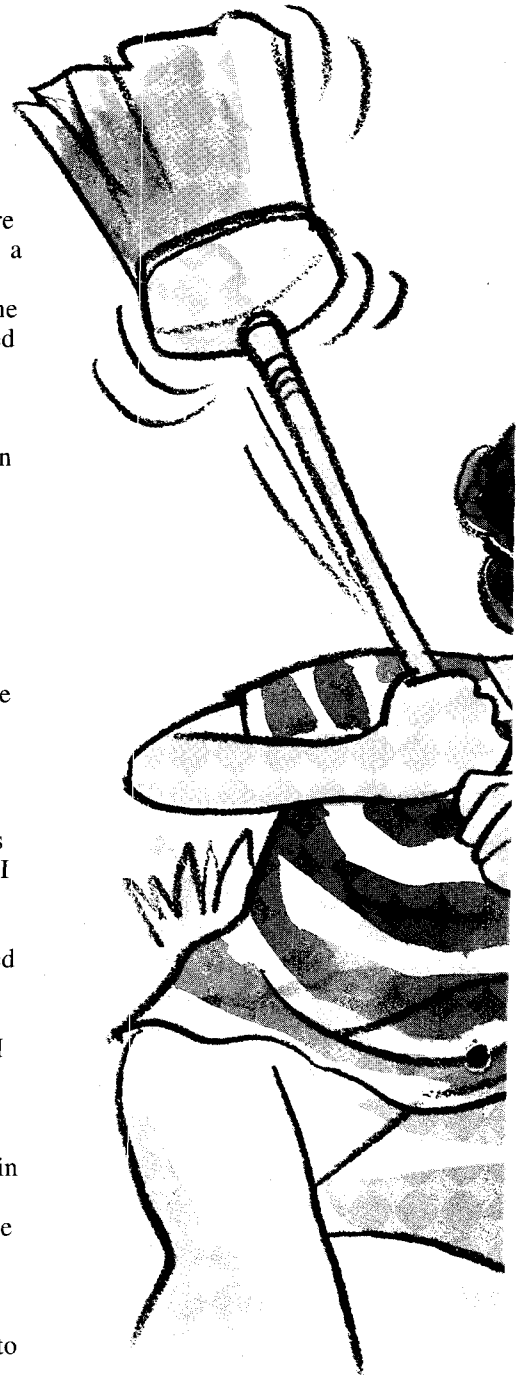
Why, one might ask—I being the one—do these insidious little buzz bombs lie low until they spot a man confined to the seat of his big red Murray mower before identifying themselves? Why they don't blunt their toxic little syringes on that attractive red metal instead of harpooning unattractive human flesh, is another good question. We're talking here of human flesh that once got off its big red Murray mower to remove a branch in its path, only to see said mower go tearing down the hill unattended, bashing in its front end on a fence post and realigning its big red headlights so that they are now useful only for hunting coon.

Question #3: If yellow jackets are so smart, why would they send out a party of seven when the one that invaded my left ear could have done the job nicely? It alone concentrated my mind so wonderfully, as the saying goes, that a neighbor later complimented me on mowing the neatest Figure 8 he had ever seen in a front lawn.

A yellow jacket attack has one other benefit: The threat of hornets has been reduced to a level just above a friendly housefly with wet feet (I hate that!).

I became acquainted with this particular gang of hornets inside the shed, where we disagreed on the ownership of a half-bushel basket that *I*, not they, had hung on a nail along the back wall. And I had outrun all but a half dozen (hornets don't run all that fast) by the time I arrived at the patio. Here, by a stroke of luck (bad luck, to be specific), my dear wife was engaged in her semi-annual ritual of sweeping. Exercising her woman's intuition, she immediately sensed that I might not be comfortable wearing this hornet halo.

Ordinarily, as this other saying goes, dear wife couldn't hit a bull in the butt with a bass fiddle. But rising to this occasion, with a single swipe of her broom she not only dismissed the hornets, she also succeeded in draping me over the wrought iron railing. Thus, thanks to her quick reaction, I escaped with



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nothing more than two hornet stings, a sizable nodule on my noggin from the broom, and a patch of hide scraped off my upper chest (my lower chest fortunately being below my belt at the time). Otherwise, I might have been hurt.

My birthday is another summer problem.

"What do you give a man who has everything?" is my dear wife's excuse for getting by with only a card. Everything indeed! The only reason I'm not going to take it with me, as another saying goes, is because I haven't got it. But sometimes, at the last moment, in a fit of compassion she'll drive into Spencer and get something for herself. This year it was an ice cream freezer.

If there was one thing I didn't want it was an ice cream freezer. To retain my Greek-god figure, I have switched to frozen yogurt. She doesn't care for frozen yogurt. So she tied a big red bow on this lousy ice cream freezer and called it my birthday present.

Adding to the problem, the accompanying recipe book included the makin's for Rocky Road, my dear wife's favorite. It being *my* birthday, I humbly suggested we dedicate *my* freezer with a batch of good old reliable vanilla. She agreed to put the issue to a vote. The result came out 1 to 1, in her favor.

Worse still, where the recipe called for adding a reasonable amount of chocolate chips, dear wife, who loves chocolate chips, didn't stop adding until she had dumped in the entire pound package.

Have you ever eaten chocolate-coated BBs? Then you know what it's like to submit your choppers to frozen chocolate chips. The only thing in their favor, they do sharpen the teeth. By the time we had crunched our way through the full two quarts, I could easily have qualified for a job biting holes in alligator belts.

This brings us to the barbeque. As eating out means farther out than the backyard grill to the one of us who prepares our meals (or messes, as they are often correctly called), our barbeques are as rare as the hamburgers. But once a summer I am allowed to call the clan together for a—a clan get-together, I guess we could call it. I am also permitted to prepare the fire, do the cooking, and set up 12 places on a picnic table designed for 8. The only contribution from the opposing party is a pesticide spray job that leaves me concerned that there won't be flies enough to go around. (On this occasion, however, I needn't have worried—at least I didn't hear anyone call out, "Hey, we need more flies over here!")

As it turned out, I might better have spent my concern on the big moment when the adoring grandkids gathered to watch faultless old Gramps skillfully pyramid the charcoal, with a flourish douse it with lighter fluid, then dramatically flip open the packet of matches and set 'er off. All went well until Old Faultless dramatically flipped open a

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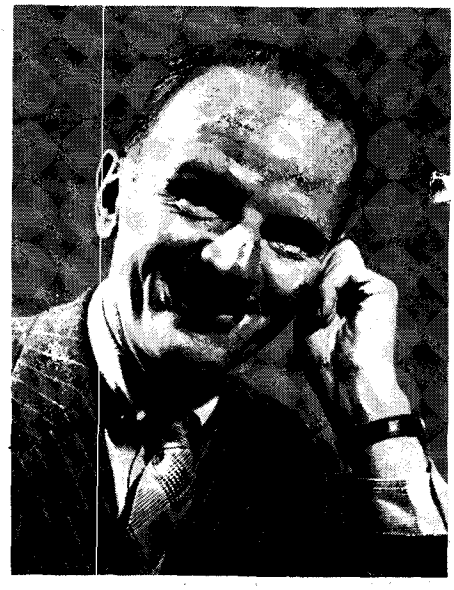


*The American Illustrators Hall of Fame*

# HUGHES' VIEWS

*After turning his talent to the* Post, *illustrator George Hughes defined the new image of America with a prolific ouput of 115 covers from 1948 to 1962.*

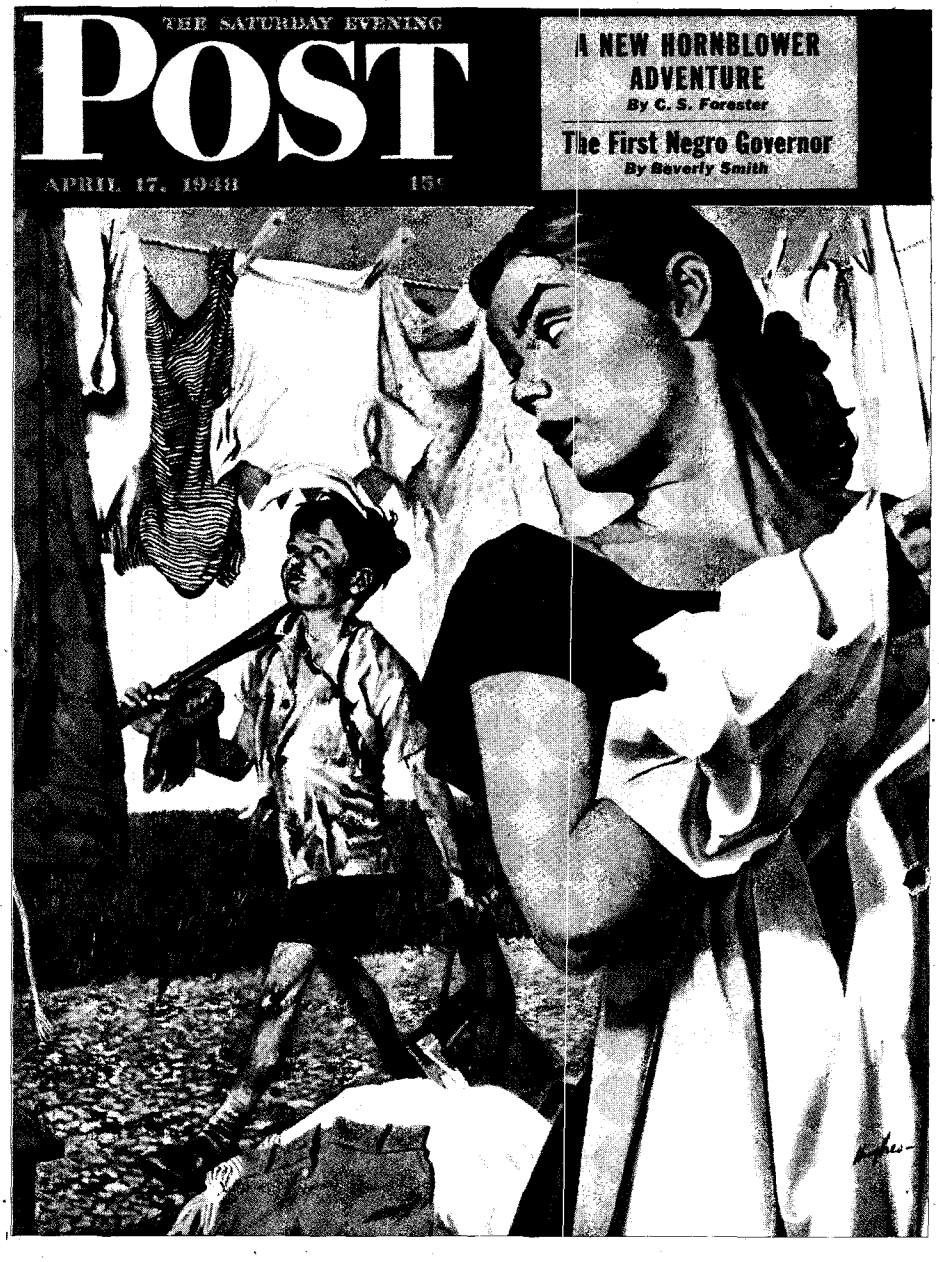
**by Steven C. Pettinga**

In the 1950s, America moved to the suburbs, and the *Post* moved with it. *Post* covers reflected the spirit of the times: a longing for sophisticated style and a fascination with the newfangled conveniences of modern post-WWII life.

The most prolific cover artist of the day was George Hughes, who between 1948 and 1962 produced 115 *Post* covers. Hughes' illustrations not only reflected Americans' shifting tastes, they also defined the new American self-image—wholesome and rooted, yet up-to-date and upwardly mobile.

Hughes, who was born in 1907 in New York City, bypassed college to study art and mechanical drawing at New York's Art Students League and at the National Academy of Design. He freelanced fashion illustrations for *Vanity Fair* and *House & Garden* magazines and worked briefly as a mechanical designer before landing his first *Post* assignment, a short story illustration, in the fall of 1942.

A big break for Hughes came in 1945 when he was assigned to illustrate one of Guy Gilpatric's popular Glencannon stories. He would eventually illustrate hundreds of *Post* stories, primarily on maritime




**In his first crack at a cover for the *Post*, Hughes portrayed a mother's traditional losing fight to keep her son in clean clothes, knowing that within minutes after leaving the house he would be arriving at home plate in a cloud of dust.**

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and romantic themes.

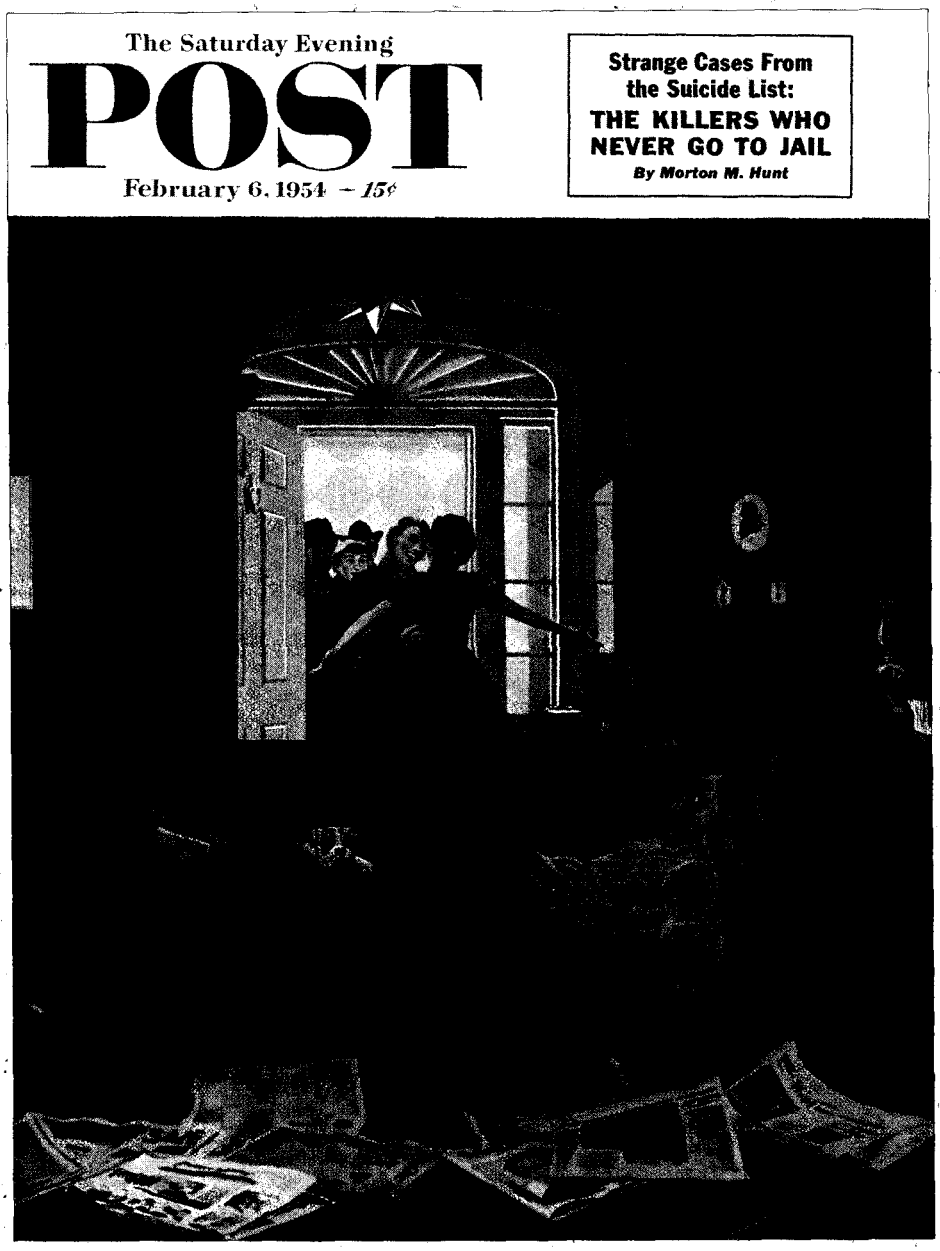
Hughes' first *Post* cover appeared in April 1948. It depicts a small boy, grimy head to toe, nonchalantly arriving home to the distress of his mother who is busy hanging out freshly washed clothes. The artist worked for months on the illustration, trying to get it right, down to the tiniest detail. He spent an entire day studying the proper way to use clothespins. To be wrong about clothespin technique would invite stacks of letters from sharp readers who made a game out of finding flaws. All the work paid off; the cover struck a chord among parents familiar with the never ending struggle to keep their offspring clean and tidy, and was a big hit.

Steady work for the *Post* enabled Hughes to move his family from New York City to the quaint little town of Arlington, Vermont, where among his neighbors were three other prominent *Post* illustrators: Norman Rockwell, Mead Schaeffer, and Jack Atherton.

Rockwell and Hughes became good friends, often sharing the same Arlington models, although their tastes in subject matter differed. Hughes would take the authentic rural characters that Rockwell preferred, dress them up, and construct a more sophisticated situation around them. Although the two often asked each other's advice on their works in progress, Hughes suspected Rockwell of soliciting his advice only to take the opposite course, so as not to get too modern. One evening at a party, Rockwell lamented about a painting that he had been working on all week, only to get so frustrated with it that he had thrown it out of his studio into the winter snow. It depicted a proper elderly woman and a child saying grace before eating in a railroad diner while being watched by several rough-looking types. Hughes agreed with Rockwell that the idea didn't sound workable. With that confirmation, Rockwell retrieved the painting and completed it. "Saying Grace" became one of Rockwell's most compelling and endearing covers.

Hughes, for his part, worked to update the *Post* cover tradition in a way that was distinctly in step with the emerging modern American frame of mind. He accomplished much of this with color, choosing bright, vibrant hues that seemed to pop off the page. He also favored situations and settings that were more cosmopolitan and decidedly upper middle class. Women, no matter what time of day or whatever their activity, were poised, coiffed, and well-dressed; men wore pleated slacks and oxford shirts or suits.

Most of Hughes' covers dealt with modern family life. Parents were depicted as patient, caring, and self-


The Saturday Evening
POST
February 6, 1954 – 15¢
Strange Cases From the Suicide List:
THE KILLERS WHO NEVER GO TO JAIL
By Morton M. Hunt

***Post* readers were left to wonder if artist Hughes himself once got caught looking like a vagrant with Sunday afternoon company at the door. If so, their respect for the painter no doubt had them hoping he would get revenge by returning the call.**

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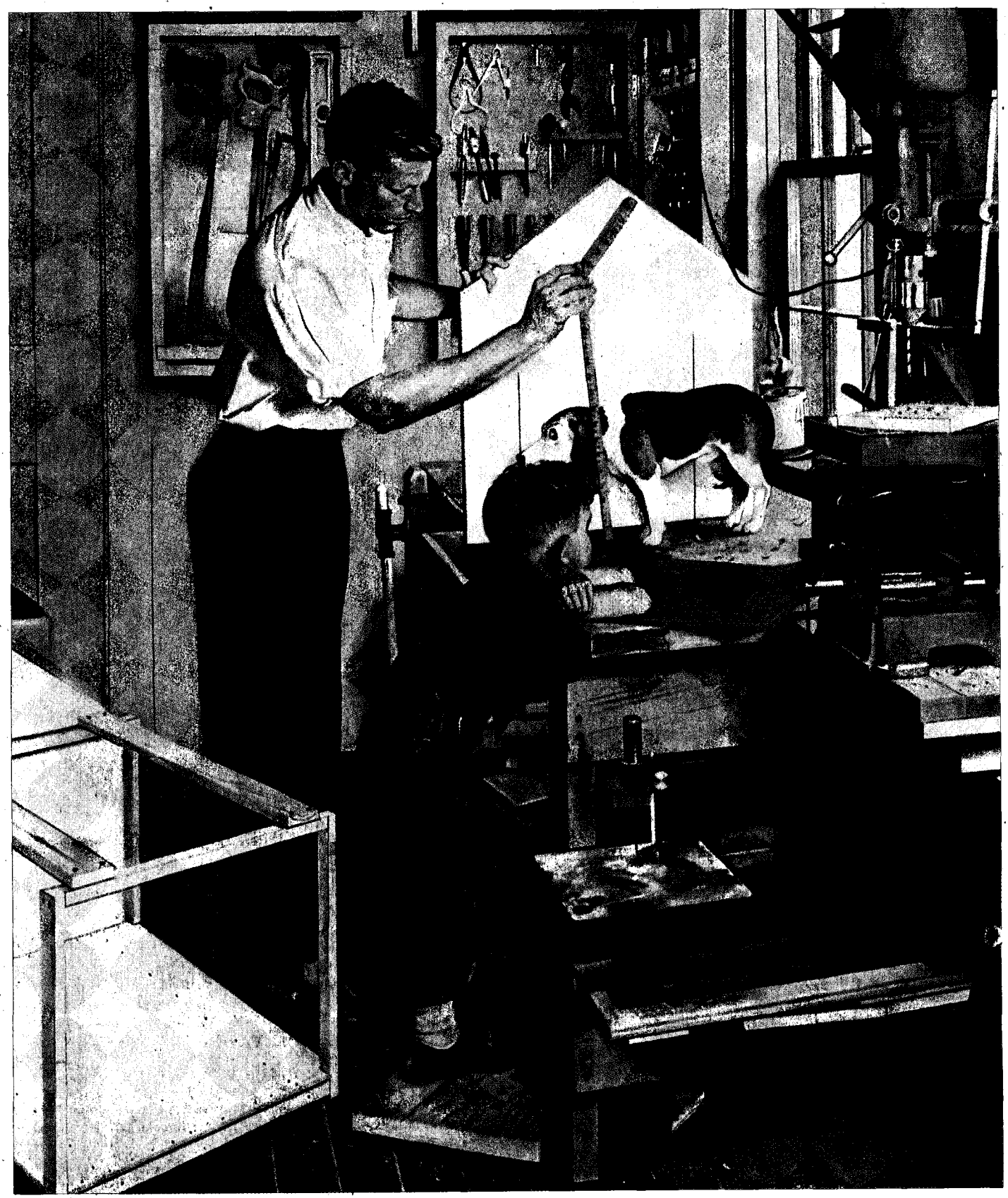

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sacrificing. Children were often portrayed as innocent protagonists, managing to get their parents into a variety of humorously embarrassing situations, but never being purposefully malicious. Hughes often used his own children, or the children of neighbors and close friends, as models. Especially touching were the many father-and-son covers he painted—surprising, since all five of his children were daughters.

The illustrator's last cover appeared in July 1962, at a time when the *Post* started to regularly feature photographs on the cover. By the end of the year, the *Post* ceased using cover illustrators. Hughes continued illustrating for other magazines, such as *McCalls, Reader's Digest,* and *Cosmopolitan,* until the mid-'70s.

In his later years, Hughes turned to portraiture, although he continued illustrating books and advertisements. For personal pleasure (and occasional profit), he painted watercolors and screens.

George Hughes died in November of 1989. Yet, his legacy lives on. In his time he helped shape the way we wanted to think of ourselves, and now he helps us to remember those special times and the way we were. ★

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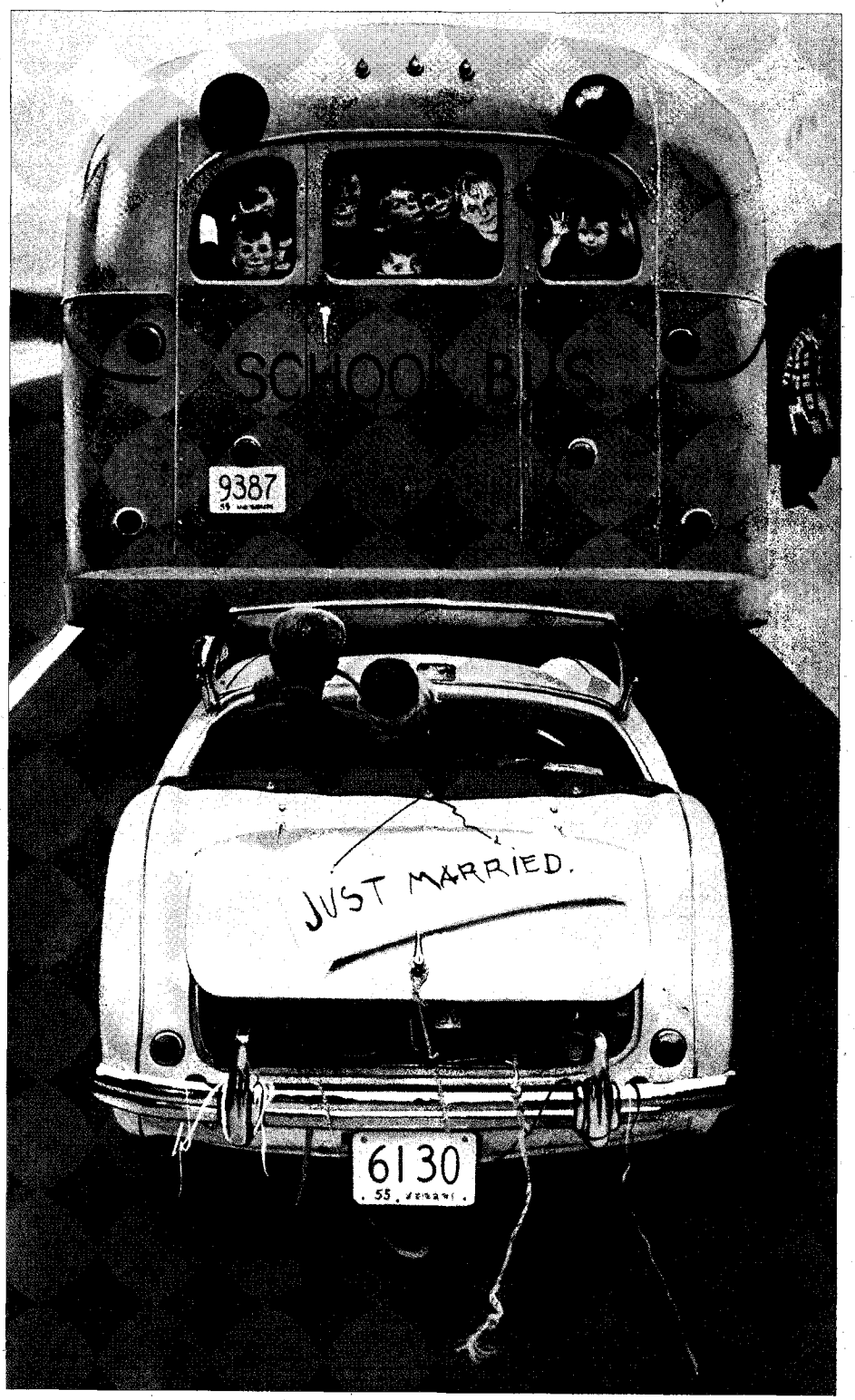
**A blueprint for a doghouse? Yes, tool-happy Pop isn't measuring the dog for a tweed coat. He is showing Junior that Fido deserves a real doggie domicile rather than the customary cardboard box with a discarded coat for a bed. Hughes at his best.**




**Escaping from the wedding reception to lead a procession behind a school bus loaded with snickering kids is not likely what the newlyweds had in mind for the start of a honeymoon. Artist Hughes reflects that one day the kids will be starting out on their own honeymoons, and the time of snickering will be over.**

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The Saturday Evening
POST
February 9, 1957 – 15¢
How the Israelis Blitzed Nasser's Army
ALAN LADD, HOLLYWOOD'S UNLIKELIEST HERO

If listening in while big sister exchanges romantic sentiments with a boyfriend is one form of education, it is comforting to see little sister apply herself so earnestly to homework. Although George Hughes had children, these were not his.

Proving that women are the clever ones, in this Hughes' scene, Mother has got off the classic lie that medicine does not taste bad—and is using poor Dad to prove it. Even without his father's give-away, Junior has suspected the worst all along.

The Saturday Evening
POST
June 12, 1954 – 15¢
THE PHILADELPHIA A's LAST STAND
The Kids Who Go Camping on Crutches
By STEVEN M. SPENCER

How heart-warming to see the trust a boy has for his father when it comes to halting a bike before both teacher and pupil land on their respective heads. And how equally heart-chilling to see the father betray that trust, as depicted by Mr. Hughes. And to think that car-driving lessons will be next.

The setting for this Hughes' cover is not 50 miles from nowhere. This *is* nowhere. Readers were left to picture the two cars out of gas, occupied only by irate wives who had earlier suggested, "Don't you think we'd better stop? . . ."

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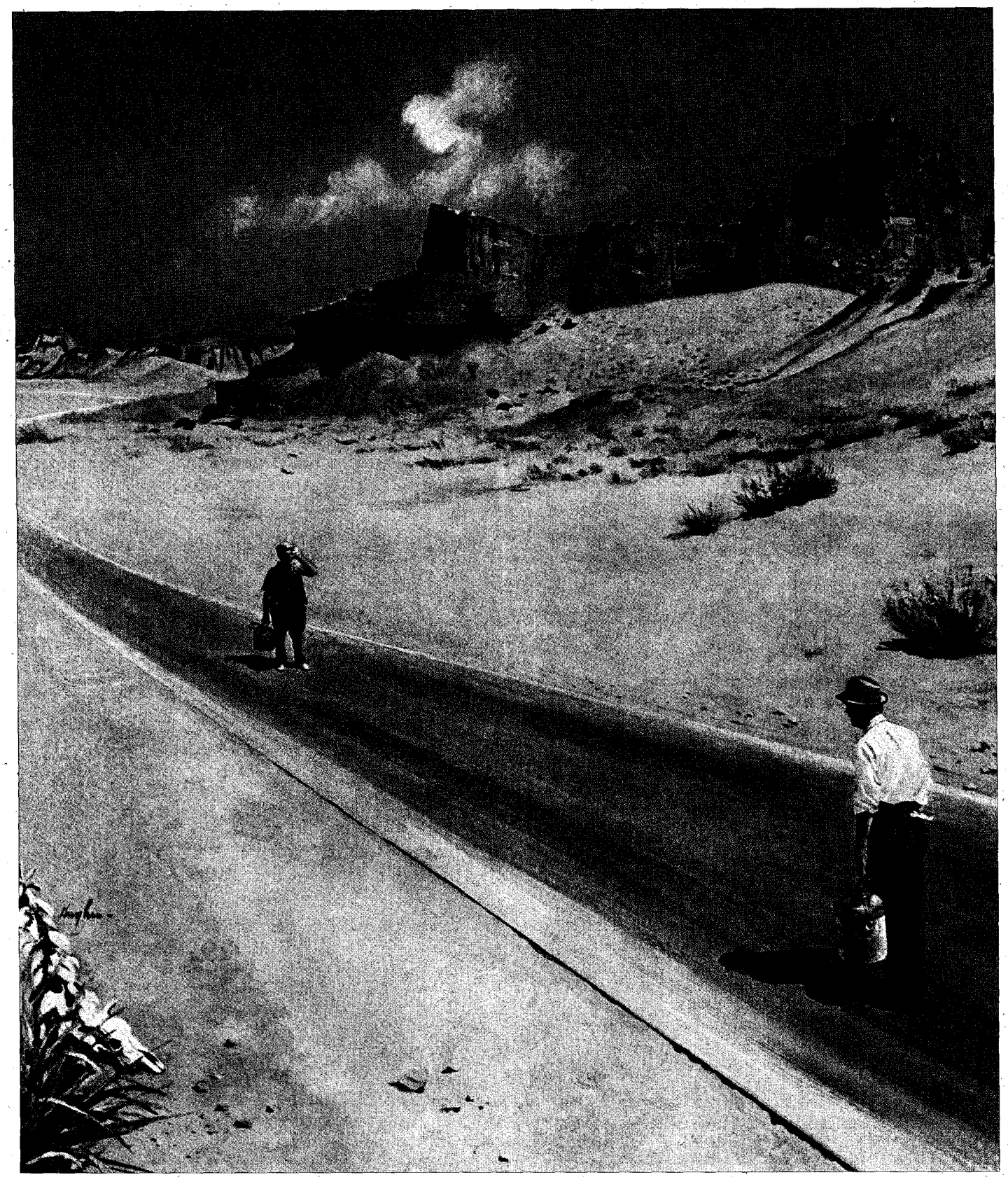

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The notion of boxing as a uniquely dangerous sport is no recent phenomenon. Sixty-four years ago, Dr. Harrison Martland, a New Jersey physician, issued the first dramatic warning in the *Journal of the American Medical Association.* His article, "Punch Drunk," brought the issue of boxing and permanent brain damage before the medical community for the first time.

Martland attributed the punch drunk symptoms to "traumatic multiple hemorrhages" in the brain. He concluded that because nearly half of the fighters of his day were affected to some extent, the condition could "no longer be ignored by the medical profession or the public."

Doctors have been debating solutions to the problem ever since. Some have argued that better physician monitoring at ringside and emergency medical procedures for severely injured fighters would improve boxing safety. But recent studies using CT scans, EEGs, and magnetic resonance imaging, belie that assumption. Studies have shown a significant relationship between the number of bouts fought by a boxer and permanent brain damage detected by CT scan.

One country, Sweden, has banned professional boxing (since 1969) and strictly supervises amateur boxing. In the U.S., however, little has been done to discourage professional boxing, despite such obvious and tragic examples as Muhammad Ali, whose Parkinson's syndrome is one of the original punch drunk symptoms described by Martland in 1928.

Dr. Maurice W. Van Allen, gives a sobering description of the deleterious effects of a sport whose main objective is to render damaging blows to the head. —*The Editors*

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## OPEN FORUM

# BOXING SHOULD BE BANNED

*Is it "sport" or a peculiarly unsavory offshoot of show biz? Whatever you call it, boxing can destroy the health—and the minds—of the young men who follow its siren song of wealth and glamour.*

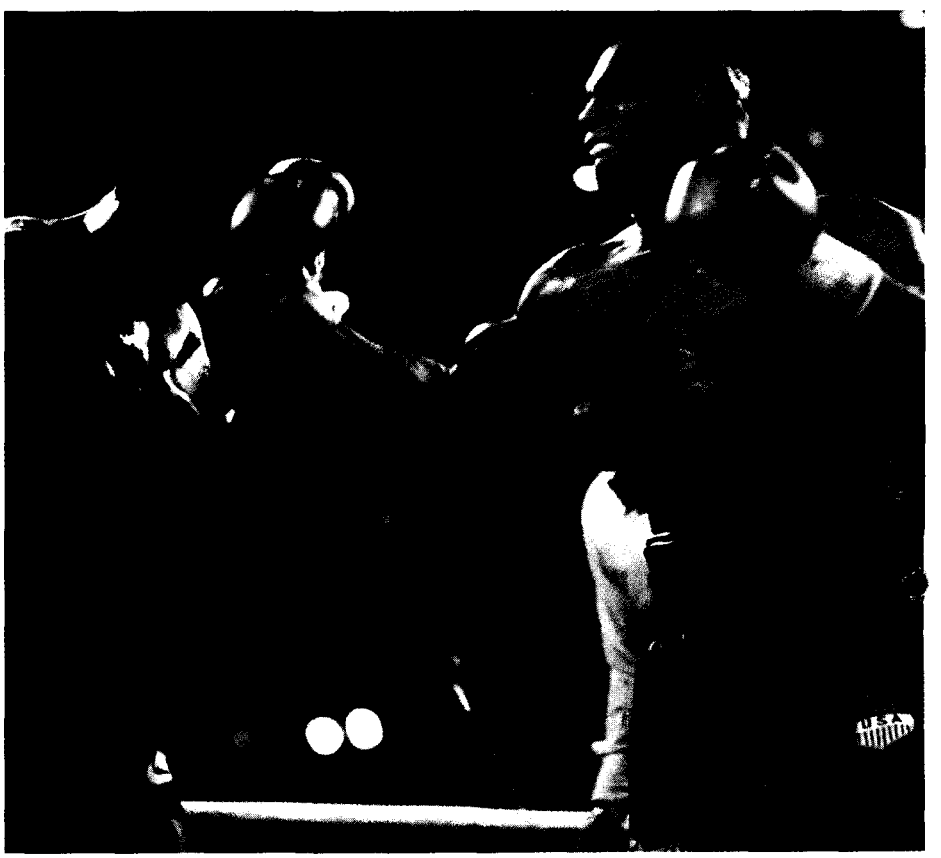
## by Maurice W. Van Allen, M.D.

How strange that, in this climate of preoccupation with health and physical fitness and with near-hysterical concern for every conceivable deleterious factor in the environment, so few raise their voices against boxing. How strange, when strident voices urge equality for all and promote and make capital of support for equal rights, that poor and minority youth are recruited and rewarded for sacrificing themselves to a spectacle for the more favored of whatever ethnic or fiscal group.

What factors contribute to this continued public spectacle of brutality, and the literal sacrifice of minority youth for the profit and delectation of self-styled sportsmen?

In fairness to the boxing game and its proponents, let us review the widely shared ignorance about the effects of trauma on the brain and the implications of being knocked unconscious.

Head injury from falls and blows is a common incident in the animated cartoons of children's shows. The hero or villain, whether animal or human, is often momentarily stopped in his action by a blow to the head—the circumstances are entertaining, and the victim quickly recovers and is as fast and effective as before. This may happen repeatedly to the same character with no harmful effect. Children can grow up with the belief that head injury is amusing, recoverable, and of little consequence. Novels and television shows bludgeon their private eyes, heroes, and villains with never a suggestion of post-traumatic symp-



**Mike Tyson unleashes a volley of numbing blows to the head of British opponent Frank Bruno in the 1989 World Heavyweight Championship. Tyson landed one final right-hand punch to Bruno's bloodied face as officials leaped in to stop the fight.**

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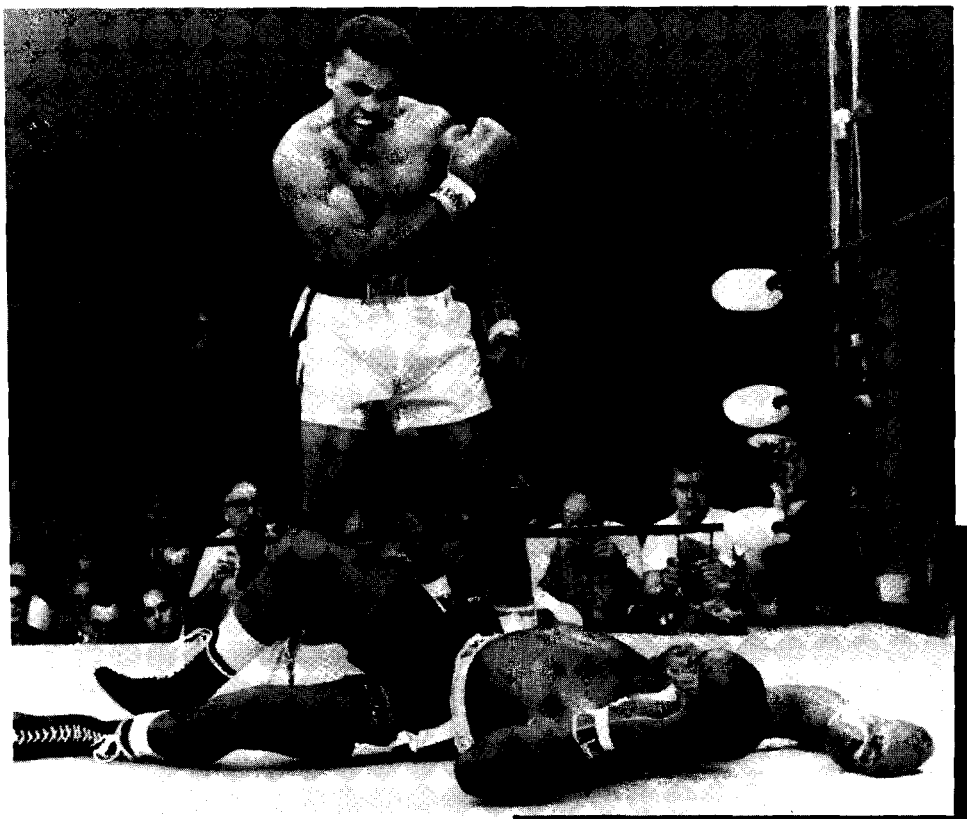

**Muhammad Ali in his prime screams at downed challenger Sonny Liston in a 1965 bout. Although Ali boasted that boxing never scarred his "pretty" face, he now suffers from the slurred speech and slowed gait of Parkinson's syndrome, a neurological disorder attributed to multiple blows to the head.**

toms lasting more than a few minutes.

The football player who is stunned or senseless has had his "bell rung" or is "shaken up on the play." That he can walk off the field with help or even reenter the game is ample evidence of the triviality of the incident and its apparent short-lived consequences. No matter that memory of the incident may be lost and confusion be present for several days afterward. The sports commentators, whose own fortunes are invested heavily in the game, never allude to, and are probably only vaguely aware of, the implications of these brain injuries—hence, their prattle of euphemisms to cover only vague discomfort.

With this kind of folklore about brain injury, small wonder that those who enjoy and profit from regulated brawling and violence easily convince themselves that little harm is done in boxing. The "punch-drunk" fighter is an amusing oddity, seldom the object of pity and not, it seems, a catalyst of guilt.

The fight game provides an opportunity for ambitious youths to climb from scandalous social circumstances through a disgraceful "sports" opportunity to some kind of fame or hero status. We are told this in different terms by those who justify boxing and who find the bashing of others to be financially and emotionally rewarding.

**Even though he was a slugger, Carmen Basilio wept after defeating welterweight champ Johnny Saxton in 1956. Many fighters do not enjoy hurting their opponents, but in professional boxing it is a business necessity.**

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## The Fall of "The Greatest"

I was with him when his name was Cassius Clay, and I was with him when he changed it to Muhammad Ali. I was with him in 1964 when he beat Sonny Liston in Miami and won the heavyweight championship of the world for the first time. And I was with him when he was in exile from boxing and when he returned to the ring, when he traveled to far-flung arenas around the globe, and when he broke my heart on a humid October night in Las Vegas.

That was in 1980, and Ali had convinced a lot of people that he could really whip Larry Holmes and win the heavyweight title for the fourth time. I wasn't one of them, and I told Ali so. There was no way Ali was going to beat Holmes, and he was a fool for trying. His speech was already slurred from the beatings he had taken through the years. He walked awkwardly. His hands seemed unsteady, and there was often a vacant look in his eyes.

Ali listened to only one voice, his own, and it sang a siren song.

It's hard to describe the terrible feelings I had covering that fight, watching Holmes reduce Ali to rubble. He *was* the Greatest, and what an awful thing it was to watch him slumped and battered in a humiliating defeat.

Thinking back on it now, I am certain that Ali's fight with Holmes exacerbated Ali's physical problems. In the years that followed, whenever we chanced to meet, it was practically impossible to carry on a cogent conversation with him. And that meant our once famous relationship as interviewer and subject was ended.

During the 1984 Olympic Games in Los Angeles, in fact, Ali often attended the boxing matches, which I was covering. On several occasions, a longtime friend of Ali's named Howard Bingham asked me to interview the champ. Each time, I told Bingham that it wasn't right, that Ali would only embarrass himself.

The following month, Ali made international headlines when he admitted himself into Columbia-Presbyterian Hospital in New York. His illness was diagnosed as Parkinson's syndrome, which was most likely connected to the pounding he took in the ring. During that time, I got a call from the producer of ABC's "Nightline," saying that he had received permission to bring cameras into Ali's hospital room. He asked me to interview him.

"That isn't journalism," I said, "that's exploitation. I want no part of it."

Let me stress that I do not pity Ali. He has already experienced enough to fill several lifetimes, tasting the kind of fame and fortune that preciously few men will ever know. I am saddened, however, when I think what he might have accomplished had he remained whole.

The irony is that Ali has become a victim of the sport he saved—and now the sport is in trouble for having victimized him. *—Howard Cosell*

*From the book* I Never Played the Game, *by Howard Cosell, with Peter Bonventre. Copyright © 1985 by Howard Cosell. Reprinted with permission of William Morrow & Co., Inc.*

In boxing, we are reassured by the concern of the announcers for facial cuts and by the referee, who will stop a fight when superficial hemorrhage may obscure the fighter's vision, or perhaps offend some in the audience and remind them of their involvement in the guilt of promoting a vicious and deadly game. At the end, some functionary will appear in formal evening attire to announce the winners. His ruffled shirt and black tie attest to the dignity of the proceedings, and to the gentlemanly way in which they are conducted.

Perhaps you will say that, with human nature as it is, some important societal needs are served by this vicarious outlet of violence for the viciousness hidden in all of us and that a good fight by others relieves tension and lubricates communal living. Others, in defending the recruitment of children to the fight game, will point to the advantages of the discipline that comes from preparation for fighting and to the moral benefits of fighting within a set of rules. They will emphasize the opportunity for the otherwise hopeless to achieve fame, no matter what the price to the brains of the unsuccessful and successful alike. No matter the basic degradation of those who fight for the entertainment of others even when victorious. The owners and managers of a "stable" of fighters recall those who solved the energy crisis created by the cotton gin.

We are assured by the television networks responsible for bringing us a boxing spectacle that an ambulance will be available throughout the bout, and, of course, that physicians are present at ringside—a flattering faith in the ability of modern medicine to repair irreversible damage to the nervous system. We are not so reassured when clearly mismatched fighters are paired in the ring and one game, but less talented, gladiator is finally unmercifully beaten while the referee, for reasons of his own, allows a bout to proceed when the outcome is clear to all. The physical and mental consequences are smothered in euphemisms and suppressed by announcers, promoters, and audience.

We are reassured again, when we reflect on the respectability given to the sport by the Olympic Committee, since these self-appointed guardians of sportsman's virtues endorse fighting (under careful jurisdiction), suggesting that well-regulated sin is perhaps not

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very sinful after all.

Heroes usually arise from sacrifice, often in hazardous circumstances and at high cost. The high cost that is paid by the fighters in boxing is buried in emotional bookkeeping.

When a human or animal is struck on the head so that consciousness is lost, pathological changes—minute or larger hemorrhages—contusions often at the base, and tearing of nerve fibers that may not be easily identified, are all consequences of a blunt blow of sufficient force to render the subject unconscious. Detectable symptoms of a beating may not be apparent to a victim preoccupied by the pursuit that caused the injury, but have been admitted by the more introspective who go on to other occupations.

The accumulative destructive effects of repeated blows, even when consciousness and posture are not lost, are well-known and accepted.

Is now not the time to suppress exposure of this fragment of our savagery by the mass media and leave boxing to those who enjoy privately staged dogfights?

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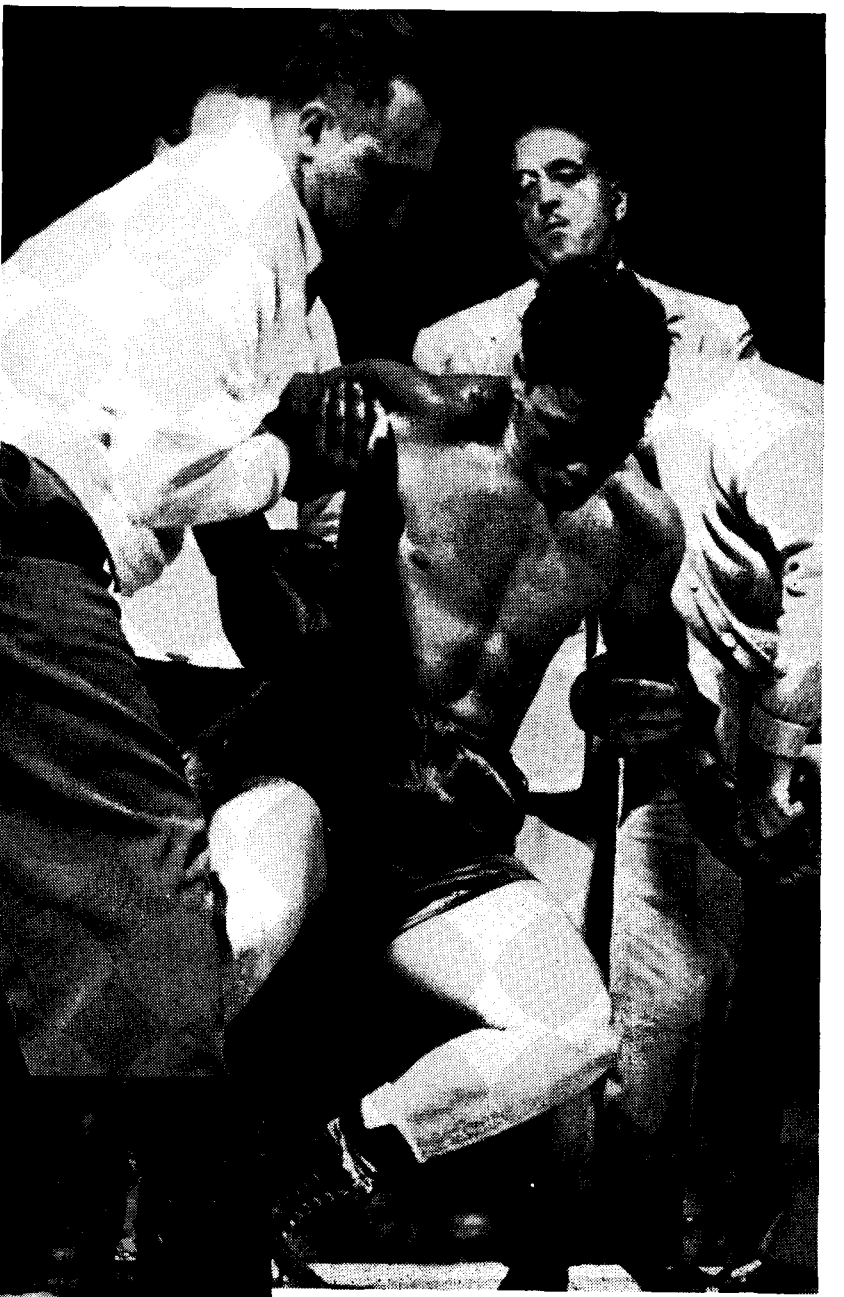
***About the author:*** *Dr. Maurice W. Van Allen (1918-1986) was a nationally known neurologist, surgeon, and educator. He served as head of the Department of Neurology at University of Iowa and was chief editor of the* Archives of Neurology. *This article first appeared in the* Journal of the American Medical Association.



**In a tragic 1951 battle (left), middleweight George Flores was downed by a left hook from Roger Donoghue. A few minutes later, Flores went into a coma from which he never recovered. (Above) Flores is dragged to his corner by seconds after the fatal blow. Twelve years later, Roger Donoghue told his story in the *Post* article, "I Killed a Man." "Afterward they told me that it wasn't my fault," he said, "and that anyway it was nothing new. It had happened before, it has happened since. And, believe me, it will happen again."**

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## SPEAKING OUT

# AIDS: CONTACT TRACING CONTROLS SEXUALLY TRANSMITTED DISEASES

*In times of great danger, should not individuals give up a few rights for protection of the community?*

**by Ralph E. Dittman, M.D., M.P.H.**

*Illustrated by Frederick H. Carlson*

Contact tracing, more aptly called "partner notification," is one of the most important traditional methods for the control of disease transmitted primarily through sexual intercourse. The tracing and notification of contacts for sexually transmissible diseases (STDs) was originally proposed in the United States as part of the Chamberlain-Kahn Act of 1918. The method was implemented as policy in 1937 under the guidance of Surgeon General Thomas Parran. Parran's popular book, *Shadow on the Land* (1937), assisted the passage of the LaFollette-Bulwinkle Bill of 1938, which set up a control program for syphilis and other diseases known to be sexually transmitted. The known STDs then included: gonorrhea, chancroid, lymphogranuloma venereum, and granuloma inguinale. Today, STDs also include AIDS, chlamydia, hepatitis B, certain enteric infections, and possibly cervical cancer. Central to the prevention and control of syphilis was the early identification, notification, and treatment of sexual contacts directly exposed to the disease through recent sexual activity. These contacts were at the greatest risk of development and spread of the disease. Thus, the expanding chains of syphilis transmission within a community could be broken.

Though widely accepted for the control of other STDs, complete, mandatory contact tracing has received only limited attention as a control measure for HIV.

Contact tracing has also been employed to control diseases other than STDs which are directly transmitted from person to person by droplet

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spread or casual contact. Tuberculosis, a communicable disease, was largely controlled through early identification and isolation of infectious persons, measures which may need to be reinstated with the present onslaught of multiple drug resistant tuberculosis cases.

Only by intensive house-to-house searches for individuals exposed to smallpox cases were the last local foci of smallpox infection eliminated in May 1980 by the World Health Organization's global efforts (almost 200 years after an effective means of prevention became available). Where mass education, mass vaccination, and official reporting programs failed, active case-finding and contact tracing succeeded in finally eradicating this deadly disease.

When reliable HIV antibody tests became available in 1985, routine contact tracing for the control of HIV infection became possible. Though widely accepted for the control of other STDs, contact tracing has received only limited attention as a control measure for HIV. The length of the incubation period for AIDS, and the stage at which a case becomes infectious, is uncertain. However, it is a scientific fact that the disease can be transmitted to others long before the full-blown syndrome develops.

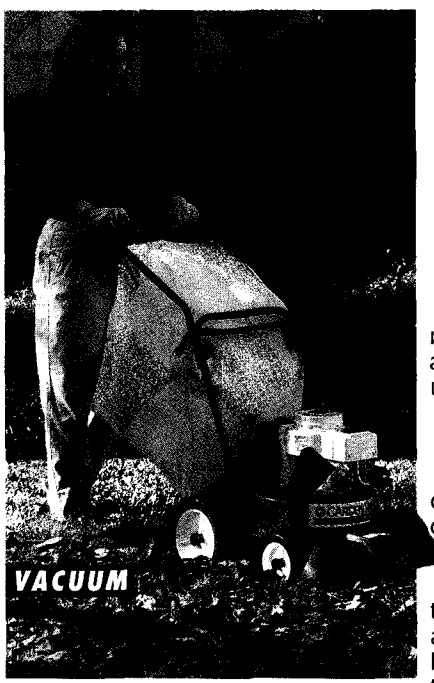
AIDS is officially a reportable disease in all 50 states. HIV seropositivity is now reportable in 35 states, including the District of Columbia. Of this latter group, however, less than a third of these states require names to be reported and only 19 require notification of a spouse. As well, to date, 29 states allow some variant of partner notification. Health department programs for contact tracing/partner notification for AIDS tend to be of three types: (1) health department personnel assist HIV-infected individuals who request that their past sexual partners be notified; (2) aggressive tracing of all contacts of all reported individuals with HIV infection; and (3) targeted contact tracing of specific populations such as women of childbearing age or partners of individuals exposed through blood transfusions. The lack of standard methods for HIV prevention and control by the 50 states raises major questions not only regarding the effectiveness and legality, but issues of ethics and morality.

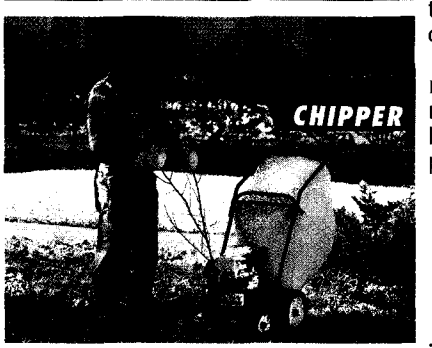
The issues of confidentiality and discrimination are complex and intertwined with the issues of mandatory testing, reportability, and partner notification. Hopefully, President Bush's announcement that discrimination against AIDS cases will not be tolerated may remove one argument against contact tracing where confidentiality of data is assured by health professionals.

Must the rights of the individual always be protected at any risk to society? Do not individuals directly exposed to great danger have a right to know? In a democracy, the rights of the individuals derive from the "social contract" that binds us together as a nation, a state, or a community. In times of great danger, for protection of the community, should not individuals give up a few rights?

These questions were posed by society long before the HIV epidemic. Historically, we have favored the majority. Quarantine regulations, contact tracing, and mandatory immunizations and testing (with or without informed consent) have been used to protect the

*continued on page 77*



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GARDENING

# STILL TIME TO PLANT

*Green thumbs up for a lush garden of annual flowers you can grow from seed as late as mid-May.*

**by Marjorie Norrell Sulzer**

There is still time to make a garden, though perhaps you have been too busy to give this summer's flowers much thought during March and April, when, ordinarily, you would have been planning for them, and perhaps even starting the seeds in the house.

It isn't a bit too late to put in some of the annuals, for they are most obliging, and if sown outdoors immediately, they will sprout and grow with almost unbelievable speed, catching up in no time with those plants you have been envying your neighbor, the ones started weeks ago on sunny window sills. And as for summer-blooming bulbs—this is their own chosen planting time!

Last year I was unable to start my summer garden until mid-May. At that time I hadn't a solitary summer-blooming plant in the ground, but I determined to have my garden nevertheless. Beginning in July, I was the delighted possessor of the most colorful and responsive garden I have ever grown.

The plants simply outdid themselves, bursting from the ground in frantic haste, as though they knew in some mysterious manner that they were behind time. Of course, it might have been that the warm damp air at May's end particularly agreed with them. They were nearly all in first shy blossom just six weeks after planting, and at the end of two months the garden was a riot of color.

To be sure, I omitted such plants as scabiosa, which must be planted early to come into blossom before frost, and the late asters and cosmos, and several other annuals in the late-blooming class, but I neither missed them nor regretted their absence, for there was such a generous wealth of material to choose from.

Indeed, in looking over the catalogue, there were so many early-blooming annuals I had quite a task to

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choose the ones I wanted. My list would be seemingly complete, when, upon turning a page, I would behold another gorgeous picture, with its accompaniment of glowing adjectives, and I would feel I must have that, and that, and I had always wanted to try those! I shut the catalogue with a bang, and I'm glad now I did, for there wasn't a plant among the ones I grew which was at all selfish about blossoming, and I feel sure I chose the best for a quick-blooming, late-planted summer garden.

### The Best Quick-Blooming Sorts

Clarkia, that dainty fragile annual, so like a tiny hollyhock, astonished me with the speedy way it came to blossom, in double salmon pink and single pure white—a lovely combination, I think. All summer long, as one group was budding, I planted a little more seed, so there was clarkia unfolding in the garden until frost stalked through.

And love-in-a-mist—nigella! Who could resist it after hearing its name? And its pale blue spheres, when they come, in tangled silver webs, are just as intriguing. And larkspur! I think if I had no other flower I would grow this, in its double forms particularly, its three-foot tall spikes studded from top to bottom with tiny roses in the most exquisite colors imaginable.

The double varieties are not to be confused with the old straggly single varieties, for they are much larger and handsomer, and are comparable only to their hardy relative, the tall delphinium.

Of course there were calendulas, those stocky cottage-garden flowers with deliciously disturbing odor; real glowing orange, and lemon yellow for contrast; and, growing close beside them, double sky-blue cornflowers—*Centaurea cyanus*—for they are perfect together. I always plant blue of some sort near the calendulas, for it softly accentuates their varying shades of yellow. Both these flowers are most satisfactory for cutting.

And candytuft! Candytuft, with its hyacinth-like spikes of flowers in cherry-red and white, pale and deep

**Sow annual seeds in May for beds of riotous color throughout the summer. Here, salvia, vincus, dahlia, and zinnias form a flower tapestry in a California garden.**

## Growing Tips

▶ Prepare the flower bed by spading or rototilling to a depth of eight to ten inches. Level the ground and rake smooth. Be sure to remove all stones, clods, and old plant refuse.

▶ After the seedbed has been smoothed, use a round stick or hoe handle to make a furrow the recommended sowing depth. Place seeds in the furrow, cover with a fine layer of soil, and then water. In heavy soil, make a furrow one inch wide and one inch deep. Fill the furrow with fine vermiculite or perlite and sprinkle with water. Then make a shallower furrow in the vermiculite and sow the seed at the recommended depth. To retain moisture, cover the plot with newspapers or sheets of plastic supported on sticks about an inch above the ground. Remove when seedlings sprout.

▶ If you wish to enrich the soil, do so two or three weeks before planting. Some annual varieties such as cosmos, poppies, nasturtiums, and portulacas prefer poor soil.

▶ To discourage weeds, apply two to three inches of mulch, such as sphagnum peat moss, partially-rotted ground or crushed corn cobs, pine needles, compost, wood chips, granite chips, shredded bark, or a layer of black plastic. Apply when the soil is moist and the temperature is above 60° F.

▶ Encourage lateral growth by pinching back the top of the plant one or two inches, leaving three or four leaves. You may lose the first bloom, but plants will produce more flowers during the season as a result.

▶ Make sure the garden receives one inch of water each week. A soaker hose is the most efficient means of watering, or use a sprinkler rather than a hand-held hose.


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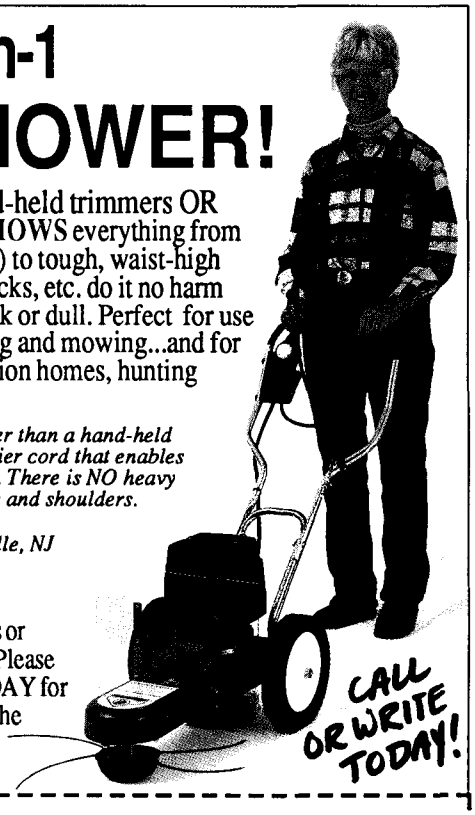


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## PLANTING AND CARE OF SELECTED GARDEN ANNUALS SOWN AS SEEDS

| PLANT | GERMINATION TIME (DAYS) | PLANTING TIME/ EXPOSURE | SPACING (INCHES) |
|---|---|---|---|
| **Aster** | 8 | LS/FS | 12-14 |
| **Babies' Breath** | 10 | ES/FS | 10-12 |
| **Bachelor's Button** | 10 | ES/FS | 8-10 |
| **Calendula** | 10 | ES/FS | 8-10 |
| **China Aster** | 8 | LS/FS-PSH | 10-12 |
| **Cornflower** | 10 | ES/PSH | 12-14 |
| **Cosmos** | 5 | LS/FS | 10-12 |
| **Forget-me-not** | 8 | LS/FS | 10-12 |
| **Gaillardia** | 20 | ES-LS/FS | 10-12 |
| **Lupine** | 20 | ES/FS | 6- 8 |
| **Marigold** | 5 | LS/FS | 10-14 |
| **Morning Glory** | 5 | LS/FS | 24-36 |
| **Nasturtium** | 8 | LS/FS | 8-12 |
| **Petunia** | 10 | ES/FS | 12-14 |
| **Phlox** | 10 | ES/FS | 6- 8 |
| **Portulaca** | 10 | LS/FS | 10-12 |
| **Rudbeckia** | 20 | LS/FS-PSH | 10-14 |
| **Salpiglossis** | 15 | ES/FS | 10-12 |
| **Scabiosa** | 10 | ES-LS/FS | 12-14 |
| **Sweet Alyssum** | 5 | ES/FS | 10-12 |
| **Strawflower** | 5 | ES/FS | 10-12 |
| **Sunflower** | 5 | LS/FS | 12-14 |
| **Zinnia** | 5 | LS/FS | 8-12 |

*Planting times: ES = Early Spring, LS = Late Spring*
*Exposure: FS = Full Sun, PSH = Partial Shade, SH = Shade*

lavender and rosy pink, scattered like confetti through the garden. It is a tiny plant only a foot high, but certainly one of the beautiful and generous annuals. I planted California poppies—eschscholtzia—too. There were a copper-red variety, and mauve, and a few of the single orange ones, with their lacquered orange cups which rest so lightly on their fairylike gray-green foliage. There were those alice-blue powder puffs known as ageratum, and zinnias, for I love zinnias!

### Zinnias Both Tall and Dwarf

These flowers last indefinitely when cut, and they are the last plants in the garden to succumb to winter. I have combined zinnias many times with the latest chrysanthemums and anemones. I grew both the sturdy tall ones and the little button varieties.

Cosmos too! Summer would hardly be summer without these. I chose the superb crested varieties which blossom within six weeks. For a very pale blue note in the summer garden symphony, I picked African daisies, and I had to have Golden Wave calliopsis, which came into sunny glory with such unexpectedness, and for a touch of the Oriental, *Celosia cristata* (crested cockscomb), with its ridiculous but charming red wool balls.

I covered a bare little hill with a cinnamon-wine celosia, the daintiest cherry red and green cloak imaginable, and portulacas grew beside it and whirlybird nasturtiums.

I have always loved summer-flowering bulbs. Not only cannas and gladioli and dahlias, but some of their more modest, less heralded sisters. There is the Peruvian daffodil—*Hymenocallis narcissiflora*—for instance. It is professional looking enough, with its silver-white, amaryllis-like flowers, yet easy enough of culture to thrive in the garden of the truest amateur. The large bulbs should be hidden just below the surface of the soil by June first, and in July the first perfumed flowers will appear.

Then there is the summer-blooming hyacinth, galtonia. Why aren't there more of these waving their four-foot spikes of waxy white bells in our gardens? They are no trouble at all to grow, and form seed quite readily, which should be collected when ripe. In the following spring it can be put out at the same time as the parent

*continued on page 90*

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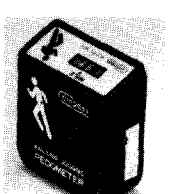

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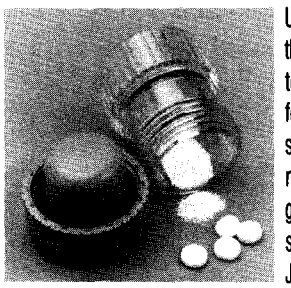

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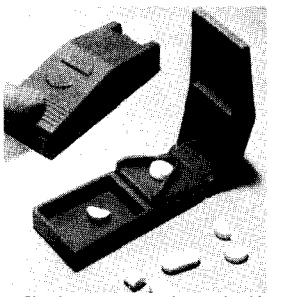

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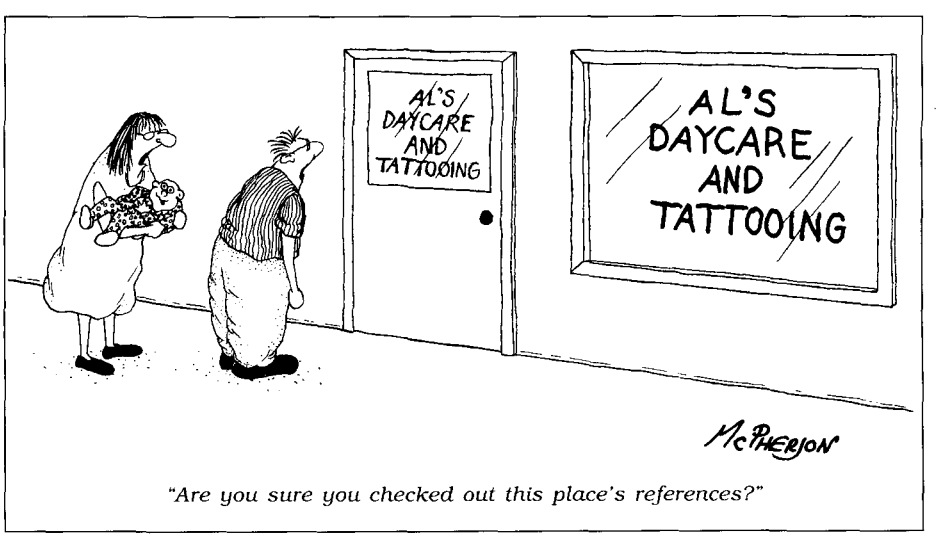


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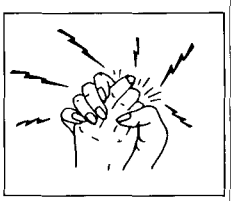

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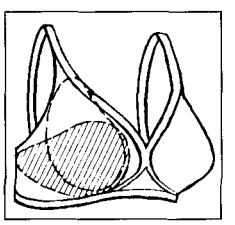

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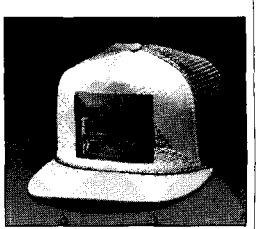

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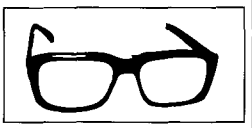

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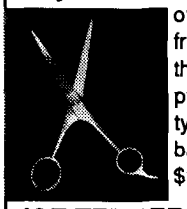

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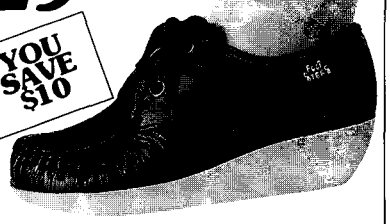

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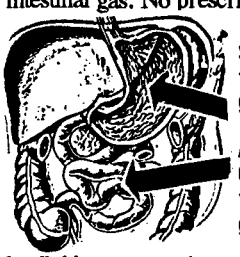

**SIMETHICONE** fights stomach gas.

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***Available at your pharmacy or have them contact Kramer Laboratories, 8778 S.W. 8 St., Miami FL. 33174***

## *Mission*

*continued from page 45*

to its faintest curse and the wire-pulled shadow of anger in faces. It was as if the regiment were a single man to him—Topliff's mind again—a man he would condition by withholding water, by making him sweat in the forced night marches, by shortening rations to empty his belly for the scalpel, by toning his animal instinct to face the shock of the cutting edge. "Under no circumstances will you cross the Rio Grande."

The regiment went cold and silent under the treatment, sullen to a point of meticulous fury in performance. Quick animal fights in the bivouacs, put down quickly with harder fists; and the horses had it, too, in their souls—hoof lashings on the picket ropes, soft and angry screams. And still, like a surgeon, Massarene watched it to the final moment. Then he rolled up his sleeves and strapped on his rubber apron and reached for the scalpel.

He bivouacked early that afternoon and grazed wide on the picket pins. He inspected personally—like a pup lieutenant on his first detail to the guard. He fed a hot meal. He made a double ammunition issue, and one short ration and a cantle-roll oat issue, and suddenly, through the command, the thinking was like the cocking of a piece on a frosty night—a leaping question—a cold threat—a resurgence that turned the anger from white to crimson.

When the first darkness came down, Colonel Massarene stood to horse, on passed voice order. No water, except on official order. No unauthorized eating or feeding. No advance guard. No flank guards. No trumpet calls. Nothing but a long column closely knit, cased in discipline, poised for a javelin cast into the night.

"Mount."

A quick reversal of the day's direction of march, a quick doubling-back at a tangent toward the south and east, and at half past eleven that night: "Jasper!"—through the column—"This ain't the Querhada! This is the Rio Grande!" And there it was, with its saffron waters cutting the dust of the march like a double-bitted ax blade, holding it high over the United States while the regiment forded across, in the cold inertia of its move-

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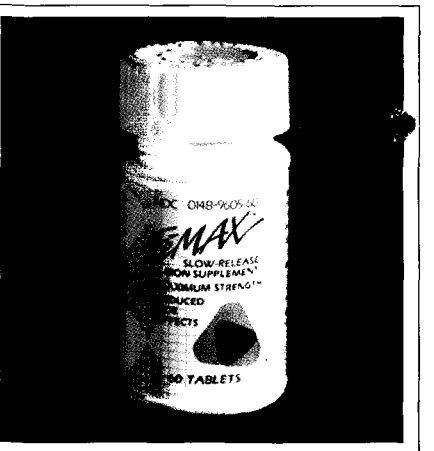

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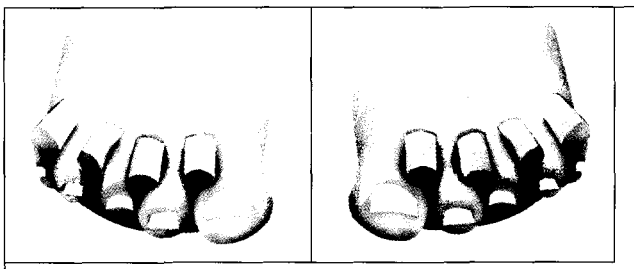
ment—forded across and stood sweat-dank under the stars while the Old Man called in his officers.

"Gentlemen," he said, "the direction of march is south by west, magnetic, to Santa Maria. I'm burning out everything in my path—everything Kickapoo, Lipan, and Apache, and anything else that the darkness fails to distinguish. I'm going through like a scourge—in column at the gallop, so that the next five hours will be remembered for 20 years to come. If I'm opposed by troops, I'm still going through, for a recrossing at Paredes at six a.m. You will leave your dead, shoot wounded horses, and lash your wounded in their saddles. There will be no dismounted action." And then he said the one thing he had to say while his hatred of the necessity twisted across his gray face and left its bitter taste upon his lips: "Gentlemen, I am operating under orders. You are operating under my orders. You need, therefore, have no thought for the consequences of tonight's work. That will be thrashed out thousands of miles away by men who wear clean clothing and sit in comfortable offices." And then he did it, as coldly as the drawing of a saber: "Mr. Cohill, screen me to the southward at a thousand yards' distance and cut me a pathway. Mr. Cohill, take C Company."

There it is. No easy first commitment, no racing fight in daylight across your own terrain with reserves behind you and surgeons to stop your bone-broken screaming. No, you'll watch that from the sidewalk. But this is different. If your mount goes down on this, you're done to get back, unless you catch a free mount. You're out ahead, in this fight, for first contact in darkness, for ambush and barricades and a burst of tearing fire from shadows. If you're hit, you're done, unless a bunkie ties you on. If you break, Cohill will shoot you like a dog. And if you are a hero, no one will see it in the darkness for a cheap reward. "Mr. Cohill, screen me to the southward at a thousand yards' distance and cut me a pathway. Mr. Cohill, take C Company." But the words Topliff seemed to hear were not those words; they were the other ones: "or leave your bones to bleach under the prairie moon."

Strangely, as C Company moved out under Flint Cohill's low word of command, there were not hoofs and

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creaking leather in it, not shirt sweat and horse dung, but the faint rustle of silken skirts and jasmine on the night air, and the quiet sobbing of a woman, echoing down the lost years.

Topliff saw young Massarene's face as he passed by in the darkness, for there was starlight in the river wash—saw it briefly. Handsome as sin, but a man's face, and a man's body moving in easy oneness with his mount. Only between that and the colonel's face there was a subtlety of difference that was more than years—linen cuffs instead of wool. The turned-up collar of the duelist instead of gray eyes along open sights. Laughter warming the cold word, for humanity. The stamina of insouciance to face a mistake with a fillip and work it down the hard way to a rightful place once more, on the wings of ancient blood.

Harder that way by far, than the ruthless runway of a lifetime of discipline. *Don't try too hard, boy,* Topliff's mind whispered. And the knowledge was on Topliff that there are ways of life for all of us and no man dare criticize another for the pathway that fits his feet, for it is a lonely journey always, and God speaks many tongues.

"Lead out!"

Well, it is now in the books—impersonally, with the date and the fact—but it is left there suspended in midair, for two laws crossed each other and diplomacy is manner, not morality. But see the reprisal raid for a red beast in the night, clawing on a 47-mile arc of the world like the devil in white-hot armor. See the spoor of dead in its pathway, hacked open and gaping, and the crimson flowers of flame that burst against the darkness and guttered in the echo of ruthless hoofs.

The breathing in men's throats was drawn wire, tearing at membranes, and there were fear and murder and hope in their minds until they were as raw as clawed flesh.

But one mind wasn't. "Topliff, get after Pennell to close up! Close up!" One mind frozen to the machine, one mind holding it to the job. Even if it vibrated from its bed, it wouldn't cast loose. Lash it. Hold it true. Grab it and keep it functioning even if it tears the fingers from your hands. "Tell Pennell, I'll try him. Tell him I'll shoot him, damn him, if he separates. Keep the column closed up—closed up!"

Seven villages they burned out—Lipan, Kickapoo, and Apache—hitting them out of the night on the exact positions the colonel's authenticated information had placed them. Coming down like an avalanche from the darkness, leaving nothing behind but the wail of women, halting each time to reform briefly and take up the inexorable march at the walk, and then presently at the trot, and then again, "Right front into line! Gallop! Yo!"

all the way to Escobedo, and there in the last darkness and the cold river mists—with the end of it in sight—the word had gone on ahead on the wings of the flames behind or on instinct, and C Company hit the barricade and the running fire that defended it. Horses were down, shrieking in agony, and the command bunched in on itself in the roadway and a ricochet sent the chapel bell tolling briefly overhead. Flames burst high and made the whole thing clear for just a second—not actually to see at the time, but to remember long afterward.

Red knife cuts laced across the night and 'dobe dust spat from the lashed walls. The regiment crushed in on C Company, debouching right and left around the chapel to keep its momentum, dividing—"Go through, Cohill! Damn you, go through!" And Cohill, with his face covered with blood in the flames and white-streaked in dust, a centaur on his bunched horse, leaped over and screamed to C to follow him.

Someone was thrashing in the roadway, his horse down, flaying at him with pain-crazed hoofs—thrashing and screaming, "Mother! Mother!" as they will.

Topliff was knee to knee with the colonel when the other rider cut in front of them, bent low at the gallop and grabbed the man's thrown-up arm, wrenching him to his dragging feet, pulling him to his pommel, just as his own horse pitched forward, throwing both of them to the chapel steps, head over. With one hand young Massarene still held the man he had rescued. With the other he began to fire steadily into the firing, like a man on the pistol range, squeezing off evenly, his handsome lips drawn back in the firelight.

Colonel Massarene threw up his own mount, turned him on his heels and raced back into the murderous firing to a free horse—raced back to the chapel steps.

"Mount, Donald, you fool!" and his son threw on, dragging his bunkie up again.

"Thank you, sir"—as cold as a word passed at whist, not studied, not controlled, but the voice of the man himself—of a competent journeyman, working well at his trade.

Then it was, as the three of them galloped knee to knee, that Topliff heard the bullet strike the Old Man like a rock hurled into mud. Then it was also that he saw young Massarene's shoulder and upper arm torn clean open to the white bones, for the mesquite bushes stood outlined now against the racing dawn.

The colonel was down close to his mount's neck, sweat-drenched and worn thin and broken with pain, but he kept at the gallop until he reached the head of the column and halted it to reform. Then he said, "Mr. Topliff, I can't dismount. Rope me in the saddle."

Topliff tied one of his feet and young Massarene passed the halter under his horse and tied the other foot.

"You're hurt," the colonel said to

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Advertisement

# Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)-If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves-the natural way-without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

- **Reduce chest pain (angina)**
- **Reduce the risk of bypass surgery**
- **Lower the incidence of heart disease**
- **Reduce dizziness & loss of balance**
- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
- **Reduce blood triglyceride levels**
- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
- **The real truth about Omega-3 fish oils**
- **The real truth about polyunsaturated fats**
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Right now, as part of a special introductory offer, you can receive a special press run of "Cleanse Your Arteries & Save Your Life" by Edwin Flatto, M.D. for only $8.95 plus $1 postage and handling. It is not available in any bookstore. It is only available through this special offer. Your satisfaction is 100% guaranteed. If you are dissatisfied in any way, simply return it in 90 days for a full refund-no questions asked.

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the boy, and suddenly Topliff knew that the lost years no longer stood between those two like grinning beggars with their hungry hands held out for alms. The essence of affinity was there, as it had always been. The handsome face beside the gray one—that was like a finer metal stamped from the same coin press.

"That doesn't matter, does it, sir?"

And in the broad light of day there was the feeling of soft white hands on D'Arcy Topliff—hands touching him gratefully for his understanding, because what D'Arcy heard was: *I'm sorry, but all my life I knew I would have to show you someday that she wasn't as wrong as you cared to believe her; that I'd have to come out here and prove it to you in the only way that you could ever understand, father.*

And the reason Topliff heard those words was that young Massarene grinned when he said, "That doesn't matter, does it, sir?"

The regiment recrossed the Rio Grande at Paredes at six a.m. Colonel Massarene was the last man over, riding between his son and Lieutenant Topliff, lashed still in his saddle.

"Mr. Topliff, pass the word to Major Allshard to take over command. Donald, turn in to the regimental surgeon for that arm, and rejoin your company. When the surgeon is finished with the wounded, send him along, I'll wait here for the escort wagons. Untie me and let me down."

Topliff untied the halter and slid the colonel out of his saddle. Young Massarene, half-circling his mount on the forehand, saluted with his bridle hand, for the other arm was useless, and bowed slightly into the salute. There was infinite grace in the gesture and a gentleness of finer living.

The colonel, one hand pressed tightly into his torn side, returned the courtesy, and whatever stain lay between those two was washed clean. The years they had lost were forgotten and the debt was paid in full. ▲

## *Teens Awesome*

*continued from page 22*

*1 head red tip lettuce*
*2 tomatoes*
*¼ cup purple onion*
*½ cup crushed tortilla chips (blue corn chips or low-fat variety)*
*1 cup chick peas, drained (optional)*
*2 cups shredded grilled chicken breast*

**Salad Dressing:**
*1 red pepper*
*1 yellow pepper*
*6 limes*
*1 tablespoon ground pepper*
*4 tablespoons olive oil*
*5 tablespoons honey*
*1 teaspoon dry Italian herbs*

*Prepare dressing:* Chop peppers very small; squeeze limes over peppers. Add remaining ingredients and mix in small bowl.

Wash lettuces, tear apart, and drain. Cut tomatoes in quarters. Chop onion very fine. Place all ingredients in huge bowl. Toss lightly with dressing. Serve with melba toast, Rye Crisp, or Triscuits.

To order *Awesome Teen* write: Awesome Teen, 7714 Woodway, Houston, Texas 77063. Include $11.95 plus $2.00 shipping & handling. Add $8.25 percent tax if Texas resident. ▲

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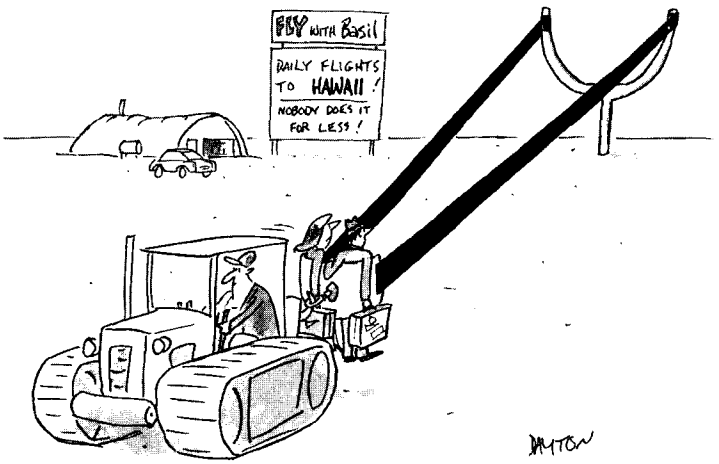
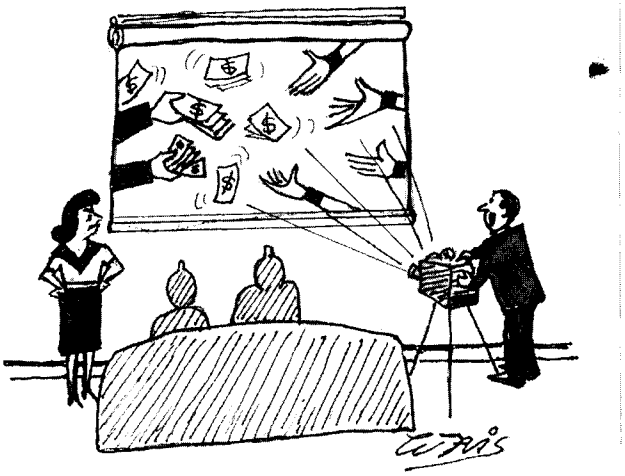
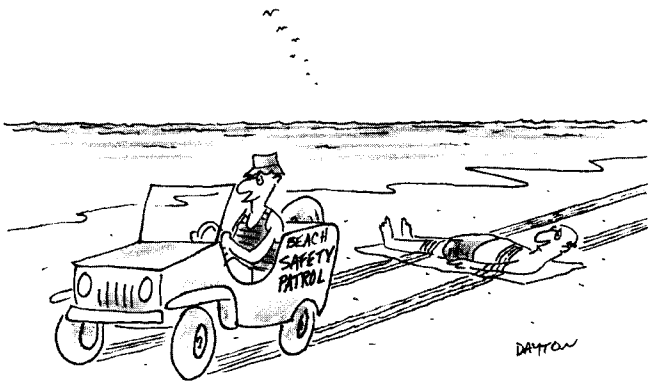
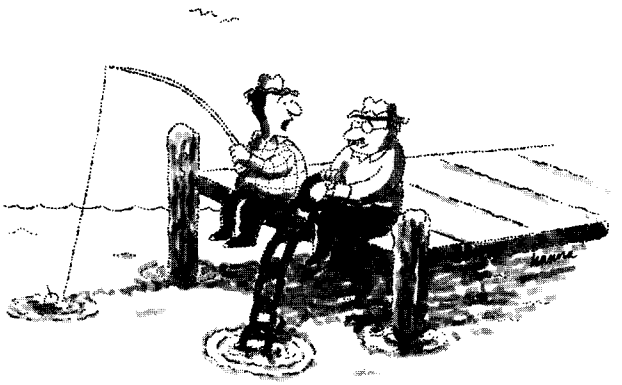
# A TAKE ON TRAVEL



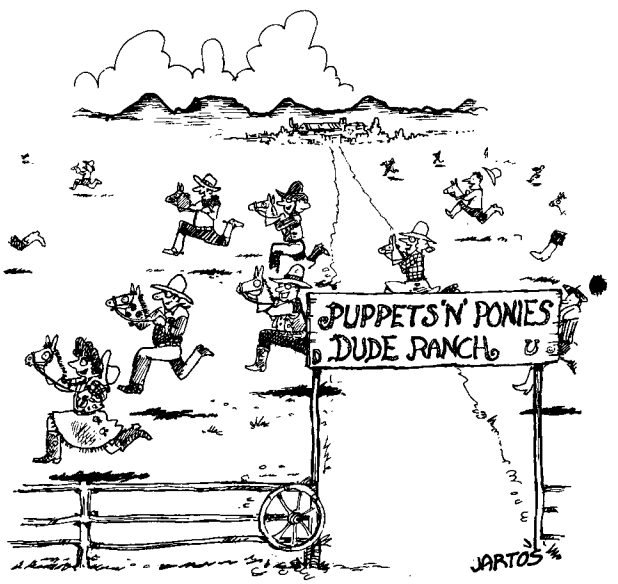

*"And this is how we spent our vacation . . ."*



*"What are you going to do if you actually catch something?"*

*"This is the last time I ride in coach!"*

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## AIDS Contacts

*continued from page 65*

public health. However, in the HIV epidemic issues of confidentiality and discrimination present fundamental societal challenges, particularly to the public health and legal systems.

One of the first studies of the cost-effectiveness of tracing of HIV cases was reported in the *Journal of the American Medical Association* (JAMA) in 1988. From one HIV antibody-positive man and his 19 reported sex contacts, a rural South Carolina health department identified 83 sex contacts of HIV antibody-positive men. Of those, 64 were residents of the county. Ninety-eight percent agreed to be tested for evidence of HIV infection. Thirteen percent were HIV antibody positive. Thirty-six initially HIV antibody-negative men were reevaluated at a six-month follow-up visit, and three had seroconverted during that time. Comparing reported numbers of sexual contacts for the six-month periods before and after their initial investigation, the mean numbers of named sex contacts decreased by 82 percent for antibody-positive men and 54 percent for antibody-negative men. None of the men reported using condoms before entering the study. At the six-month follow-up visit, 80 percent of the antibody-positive men and 69 percent of the antibody-negative men reported using condoms. The cost of the entire investigation, including salaries, benefits, and travel for field researchers and counselors, as well as HIV screening and western blot confirmation came to $100 cost-per-contact tested or $810 cost-per-HIV antibody-positive man identified.

An editorial in the same issue of *JAMA* thought it would be appropriate to concentrate resources on education. Not considered in the editorial was the fact that one-on-one education of sexual contacts may be much more effective in controlling this epidemic than education or mass screening.

The results of a contact tracing program at the Colorado Department of Health (*JAMA* 1988) were very similar to the South Carolina experience—a 13 percent antibody positive rate in sex contacts with the observation that "there is a return of at least five dollars for every dollar invested in partner notification." The Colorado contact tracing/partner notification program was considered a major success for several reasons: "(1) a large number of partners were located and counselled; (2) individuals not previously diagnosed were found to be infected; (3) the intervention benefited various target groups who had not previously been influenced by general educational messages about safer sex; and (4) the cost was paltry, especially compared with the savings to be realized if only one case of AIDS was prevented by intervention."

Federal-directed health care leadership is desperately needed to coordinate a national or global battle against HIV. We need public health legislation not only to coordinate control and containment, but also to prevent HIV discrimination, coordinate testing and reportability, and, generally, to spearhead a nationally concerted effort to prevent the spread of HIV from the 1 to 1.5 million citizens already infected. Where is today's urgently needed Thomas Parran?

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# Fit For A Queen

*All aboard the world's last transatlantic liner—where every meal is a royal feast and each day's program is lavish with options.*

**BY TED KREITER**

New York is sweltering. Traffic is at a standstill near 12th Avenue and 57th Street, and perspiring cabbies are climbing out of their cars to find out what's wrong. But down the entrance ramp, inside the New York City Passenger Ship Terminal, all is cool and calm. A live string trio is playing softly as dapper attendants in white uniforms check passports and collect tickets.

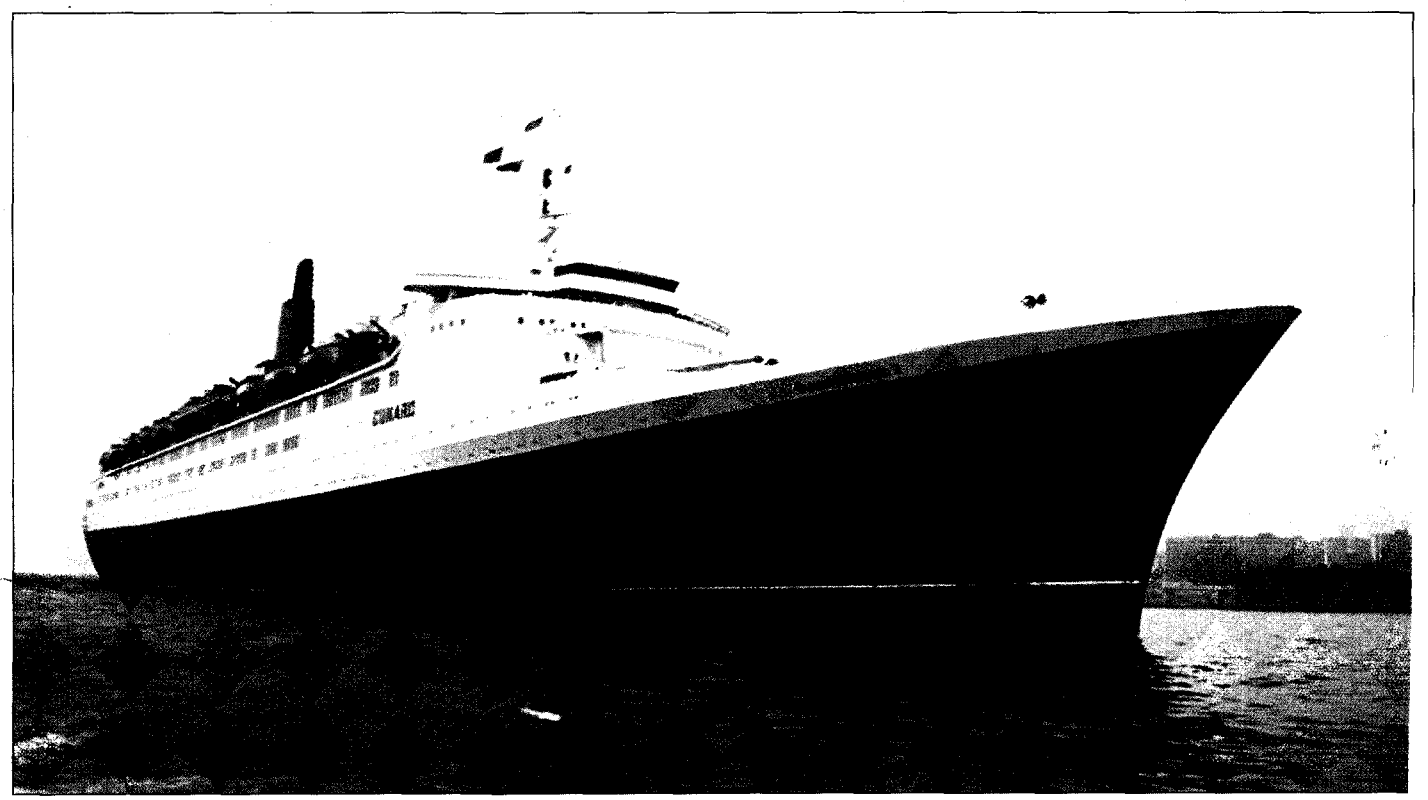
Outside, the *Queen Elizabeth 2* awaits. Her black hull extends almost a fifth of a mile; her white decks rise 13 stories. A single door leads inside. In a circular lounge carpeted in blue, a blonde pianist plays popular tunes on a white baby grand.

Passengers arrive in couples and small groups, some in suits, others in casual wear, some in cutoffs and Hawaiian shirts. Small babies have been outfitted in sailor suits and hats. No one is quite certain what to wear to a transatlantic crossing.

The glitter of diamonds and the flash of mink are missing these days. So are the festive crowds shouting *"Bon voyage."* But anticipation is high, as passengers pass through a metal detector, then make their way up the gangplank.

At 4 p.m. sharp, with all passengers aboard, the great liner backs from her berth and turns slowly down the Hudson.

High on the Promenade Deck, video cameras whir. Yachtsmen wave from the waters below. Cars on bridges seem to slow as the ship passes underneath. The Staten Island ferry chugs by in the opposite direction.



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Soon, Manhattan's skyscrapers have faded in the distance. The crew sets the speed at 28.5 knots and turns northward toward the Grand Banks. Southampton is five days away.

On the quarterdeck in the spacious Queens Room, white-gloved waiters are already serving afternoon tea. To the tune of the piano's "Tea for Two," and under the watchful gaze of a bust of Her Majesty, they circulate among groupings of leather-covered chairs offering petite cucumber sandwiches and other delicacies from silver trays. This is followed by a wave of luscious desserts including teacakes and fruit tarts. The ritual is enacted every day at 3:30 p.m., inside the ship and on open decks. Gallons of tea will be sipped. With 50,000 bags in storage, there will be no shortage.

Below deck, passengers are still puzzling out the maze of passages and stairways. A map is essential for finding one's way to the four swimming pools, five Jacuzzis, two gymnasium/spas, two beauty shops, eight bars, and four restaurants—or to the shopping mall, synagogue, computer learning center, nursery, kennel, casino, hospital, bank, and 6,000-book library, among other possible destinations located somewhere on board. You can trust dumb luck to find them, but wear walking shoes anyway.

Stewards may be of some assistance. Each of the 966 staterooms is overseen by a steward and stewardess. My stewardess's name is Jeanne, and she's as Irish as she looks—the spitting image of Rose from "Upstairs Downstairs." "You have a very nice cabin, sir," she tells me. Fortunately, it is also easy to find, just down the hall from the Harrods shop.

On the dressing stand in front of the portholes is a copy of the four-page *QE2* Daily Programme, which offers the first glimpse of this crossing's entertainment: a dance company, a showband, a song stylist, a magician act, a jazz ensemble, a champion ballroom dancing team. No groups like the Moscow State Conservatoire or Los Angeles Philharmonic on this voyage, but there are the latest-run films—two each day in the 530-seat theater, and more on the cabin television—enough, James A. Michener has said, to practically pay the price of the transatlantic fare.

# Traveling Elegantly by Air

Until the next supersonic transport takes wings from the drawing board, the Concorde is in a class by itself—in the stratosphere. Much more than just a "fast plane," it's another breed of bird. It's also the perfect mode of transportation for travelers returning stateside after a leisurely Atlantic crossing aboard the *QE2*. Talk about contrast!

Neither a jumbo nor a wide-body carrier, the Concorde has 100 broad, comfortable seats, two on either side of the aisle, making it resemble a first-class section—which is indeed the only class it contains.

Although the Concorde is long, slim, and gracefully curved, its speed—more than its elegant beauty—lures air travelers. Passengers can fly from one continent to another during the day in slightly more than three hours, and never incur jet lag. It takes no more time than a leisurely lunch—which is what is served on this super deluxe plane.

Takeoff feels like a liftoff as power is unleashed. Thirty seconds from the start, at 250 miles per hour, the plane is off the ground. Before reaching 30,000 feet, the Concorde passes through the so-called sound barrier, which the captain explains is not a barrier at all. Passengers experience nothing out of the ordinary when exceeding the speed of sound.

On the bulkhead are the constantly changing readings for speed, outside temperature, Mach number, and miles to go, all of which are more interesting to watch than a movie.

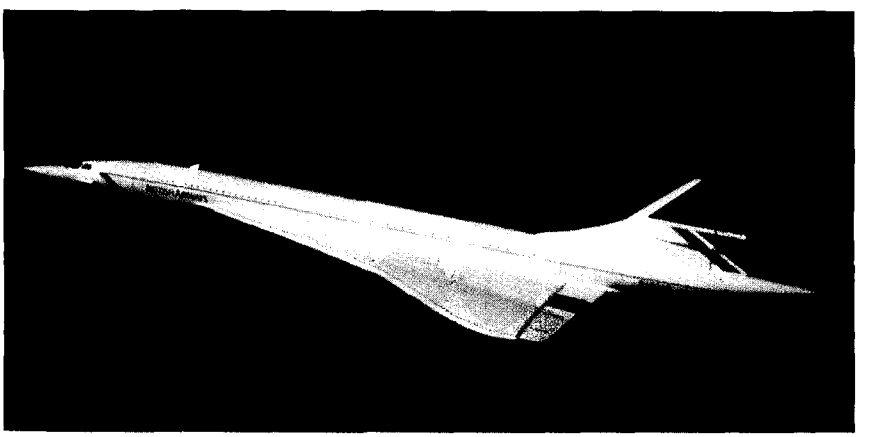
The captain describes the speed at Mach 2 (1,340 mph) this way: If the plane should pass over a 747 going in the same direction, the 747 would appear to be going approximately 800 mph *backwards*.

The flight is supersonic for about 2½ hours, and is set to the tune of corks popping, glasses tinkling, and silver flatware striking china plates. Fresh flowers and linen tablecloths adorn the individual food trays, which witness, in a splendid succession, canapés of shrimp, smoked salmon, and pâté; seafood and avocado appetizer; poached turbot with baby vegetables, fillets of beef, lamb, and pork, or grilled chicken; chocolate mousse with crystallized violets; French and English cheeses, including St. Andre, Stilton, and Farmhouse Cheddar; and coffee with chocolate friandises, Meursault and Chateau Mouton, plus champagne and liqueurs.

The captain announces that not so long ago, passengers would have needed pressure suits and helmets to fly ten miles above the earth. Now they sit in shirt sleeves, sipping coffee, while the outside temperature is -60° C.

Approaching their destination, passengers notice an increase in noise when the nose of the plane goes down, 5 degrees at first, then the full 12 degrees for landing visibility. The auto pilot is disconnected at 1,000 feet, when human hands take over the landing with perfect precision.

For the passenger who wants to make a long trip very short and to travel in style and comfort, the Concorde is the only choice. Taking the SST to the edge of space, where the sky is a little darker and the curvature of the earth is sometimes visible, spoils the passenger, who knows that henceforth all other forms of travel will pale by comparison. — *Miriam Bales*



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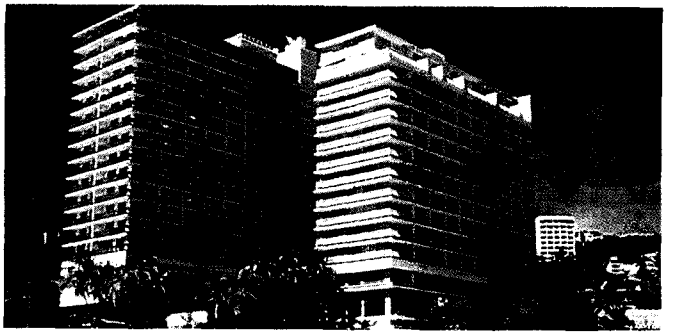

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*"So . . . you doing anything tomorrow?"*

At 7:30 p.m. and not a moment too soon, the dining begins. Passengers get their first gander at the extensive dinner menu. Entrées this night range from Lobster Thermidor to reindeer meat, with a choice of sinful desserts. Cuisine is continental and very British with generous ladles of sauces and puddings. For the strong-willed, a small box on the lefthand page offers "slim" choices selected by the Golden Door Spa.

Despite the enormous selection, one diner decides to order "off" the menu, a luxury extended to first-class passengers. She asks for an exotic-sounding seafood dish of which the maître d' has apparently never heard. "Would you spell that, madame?" he asks, his face going momentarily blank, and hurries away. When he returns, he is smiling. The chef will of course oblige.

By dinner's end we are well into evening, and it is later than we think: The ship's clocks have been set forward an hour upon leaving New York. From now on, clocks will advance one hour every other day at 4:00 a.m., pushing the Columbia Restaurant's misnamed "Midnight Snack" into a near collision course with early "Continental Breakfast" in the Lido Club. Fortunately, there are ample options for morning meals, allowing time for sleeping to the pleasant rocking of the ship. Thanks to 15-foot stabilizers in the *QE2*'s hull, today's passengers get a smoother ride than travelers of bygone days.

Day two, Saturday, brings sunny weather. By midafternoon, leeward decks are broiling. A Yuppie couple has staked claim to chairs near the starboard rail, where they will remain—seemingly glued fast—throughout the voyage. Youngsters have commandeered the basketball and paddleball courts on the sports deck. A middle-aged gentleman is duffing at the golf tee. All the while, health spa regulars, fresh from their body-fat tests, are putting in their appointed miles around the deck. They can't completely circle the ship; a sign marked "Danger High Winds" blocks passage to the bridge.

In the theater, Dr. Henry Berk M.D., is lecturing on "How to Curtai Sea Air from Shrinking Your Cloth ing." In the nearby theater bar graphoanalyst Alice Walsh discourse

*continued on page 8*

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# YOU'RE WANTED ON THE SET!

*At Universal Studios theme parks you can trade put-downs with Groucho, watch show biz's reigning cats and dogs jump through hoops, and duck into the Bates Motel for a quick shower.*

## by Holly Miller

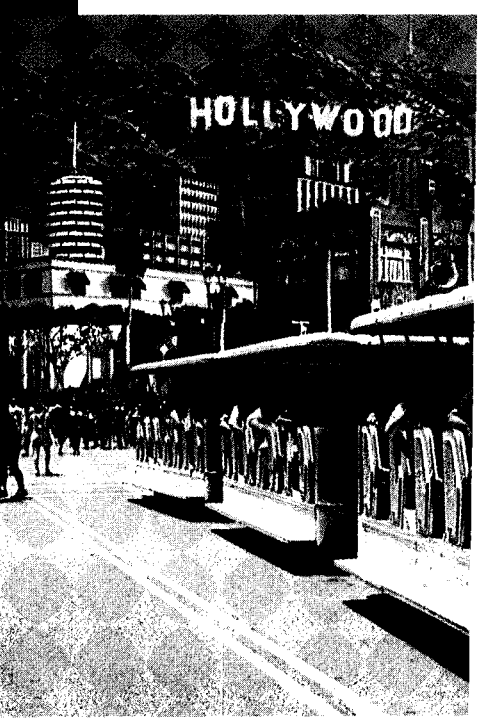
Lucille Ball's will specifically stated: No funeral. Daughter Lucie Arnaz obeyed her mom's wishes—sort of—and, instead, planned three memorial masses around the country. "Go ahead and haunt me!" jokes Lucie, looking skyward. Neither her mother nor her dad, Cuban bandleader Desi Arnaz, left similarly detailed instructions for the disposal of the scrapbooks, home movies, costumes, Emmys, and scripts that traced their careers as America's favorite TV comedy team, Lucy and Ricky Ricardo. That dilemma was left for Lucie and her brother, Desi Jr., to solve.

"The words 'mondo-garage sale' passed through our minds," says Lucie, fingering her parents' wedding rings, worn on a chain around her neck. "Actually, it was a very painful couple of years for us. Our parents were very special people."

So special that Universal Studios offered to send a van around to collect the memorabilia and display it at the Universal Studios/Hollywood theme park. This month, a second "Tribute to Lucy" will open at Universal Studios/Florida in Orlando. Lucie Arnaz, on hand in March to announce the second opening, will return to Orlando for the grand unveiling. "So many people have asked me what my parents were *really* like," she says. "I think by sharing their personal mementoes we're answering that question."

The Ricardos and their sidekicks, Fred and Ethel Mertz, should feel right at home on the 440-acre Orlando "backlot." No frozen-in-time museum, the park contains working sound stages, movie sets, live shows, animated characters, strolling celebrity look-alikes, stunt crews, and street entertainment. On the same day Lucie was announcing the upcoming tribute to her mother, Nickelodeon Studios was field-testing a new game in front of a discriminating audience of pre-schoolers, Willard Scott was auditioning a country western clogger for his "Amateur Hour" TV series, the Blues Brothers were rocking and rolling against the backdrop of New York City rowhouses, and a menagerie of trained birds were working for peanuts over in the animal-actors rain forest.

In spite of pricey entrance fees (about $32 for a one-day pass at Orlando; $25 on the West Coast), Universal's parks have weathered the recession nicely. During 1991, in its first full year of operation, the Florida version ranked behind only DisneyWorld and Disneyland as the most popular entertainment complex in the country. Its




**What stands four stories high and comes wrapped in 7,000 pounds of fur? King Kong, of course, star of "Kongfrontation." Some fans prefer "grave" performances by Beetlejuice or a tame tram tour.**

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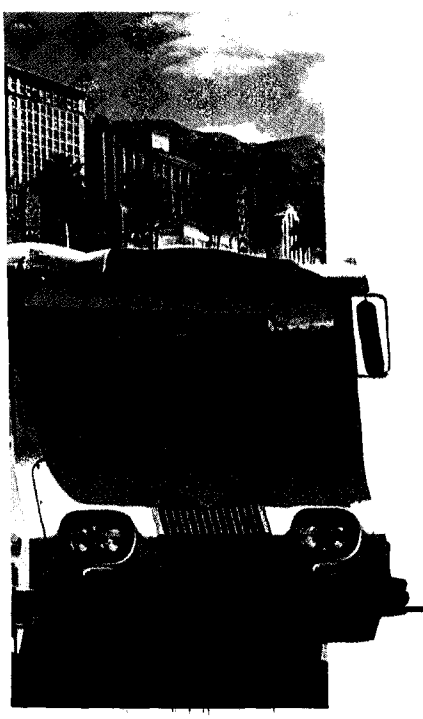
Hollywood counterpart placed fourth. While DisneyWorld and Disneyland posted decreases in gate attendance from the previous year, Universal in Hollywood reported no change, and Universal in Florida was up 52 percent.

Part of the Studios' success can be chalked up to the interactive nature of the entertainment. Tourists are genuinely wanted on the set where they play roles in the famous disaster scene from the film "Earthquake," dress up like Norman Bates' mother for the shower sequence in "Psycho," and board souped-up DeLoreans for an unbelievable four-minute ride "Back To The Future." Even the carefully choreographed live shows welcome audience participation. After movie stuntmen fall off buildings, are "drowned" in a well, and survive dynamite blasts in the "Wild, Wild, Wild West Stunt Show," they return to the set to answer questions and pose for pictures with park visitors. On the TV and movie sound stages, film crews explain how cameras create illusions, how special effects add drama, and how music underscores a mood. Audiences then experience the cinematic results when all these trade secrets merge on screen. The most graphic illustration: Alfred Hitchcock's 3-D Theater where visitors don glasses and duck a terrifying attack by "The Birds."

Although the current entertainment bill in Hollywood and Florida draws heavily on film's Golden Age, coming attractions promise to blend past, present, and future.



"Right now about half of our acreage is in use," says Tom Robinson, chief operating officer and president of Universal Studios in Florida. New shows are in various stages of development, with four expected to debut this year. In addition to the tribute to Lucy, the park will premiere a 15-minute "Beetlejuice Graveyard Revue," a Rocky and Bullwinkle live extravaganza, and "Fievel's Playland"—an interactive adventure that will invite children to slip into a sardine can built for two and experience a 200-foot water ride.

Not to be outdone, Universal's West Coast park also will stage a Beetlejuice Revue and a Rocky and Bullwinkle show this summer, as well as recreate the fiery warehouse scene from the film "Backdraft." Expected to "burn the house down" as many as 150 times a day, the "Backdraft" soundstage will become a furnace amid ruptured fuel lines, melting metal, and scalding heat. Up to 35,000 guests will be "trapped" in the inferno daily.

"It takes us about a year to produce a new show and about four years to develop a new ride," estimates Robinson, who nurtures projects from idea to drawing board to scale model to ribbon-cutting. High-powered help comes from creative consultant Steven Spielberg and a staff of gifted cinemagicians. Robinson says he delights in giving the go-ahead to staffers who introduce a new concept with the disclaimer, "We've got a great idea but you'll never okay it because of the cost." Robinson's favorite response: "Try me."

The creative process is time-consuming and expensive. Even if a concept gets past the boss, it has another hurdle to mount. Robinson jokes that his two preschoolers, ages 2 and 6, are his in-house test market for any entertainment geared to small fry. This summer's verdict? In true Siskel and Ebert fashion, the junior Robinsons have previewed the coming attractions and have issued two thumbs up. The show can go on.

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## *Fit For A Queen*

*continued from page 80*

on "The Write Stuff." And in the grand lounge, Maureen Ryan, the ship's social directress, instructs the Ladies' Club in the art of scarf tying. "Don't forget to bring a scarf!" the Daily Programme cautions.

Elsewhere, bridge enthusiasts have invaded the cardroom on the quarterdeck. Other passengers lounge in the library, browsing through appropriate books such as *Olympic & Titanic* by John Maxtone-Graham, *The Atlantic Liners* by Frederick Edmonds, and *Flagships of the Line* by Milton H. Watson.

In public spaces, enormous vintage oil paintings evoke memories of grand old ships of the line from the glory days of transatlantic crossing. Here is the *Mauretania* (1906), sister ship of the ill-fated *Lusitania* and holder for 22 years of the Blue Riband for the transatlantic speed record (the elaborate tourist-class Mauretania Restaurant on board is named after her); the *Aquitania* (1914) that steamed unscathed during two world wars; the *Queen Elizabeth* (1938), the largest passenger ship ever built, and the most famous; and her sister ship the *Queen Mary* (now a California hotel). The *QE2* is the last in the line, and the only luxury liner still making the Atlantic crossing on a regular basis.

"We are a monopoly in the North Atlantic," explains the *QE2*'s master, Robin Woodall, who at six-foot-three is England's tallest ship captain. The largely unflappable captain admits to being nervous only once, when Queen Elizabeth came aboard to dine in his cabin.

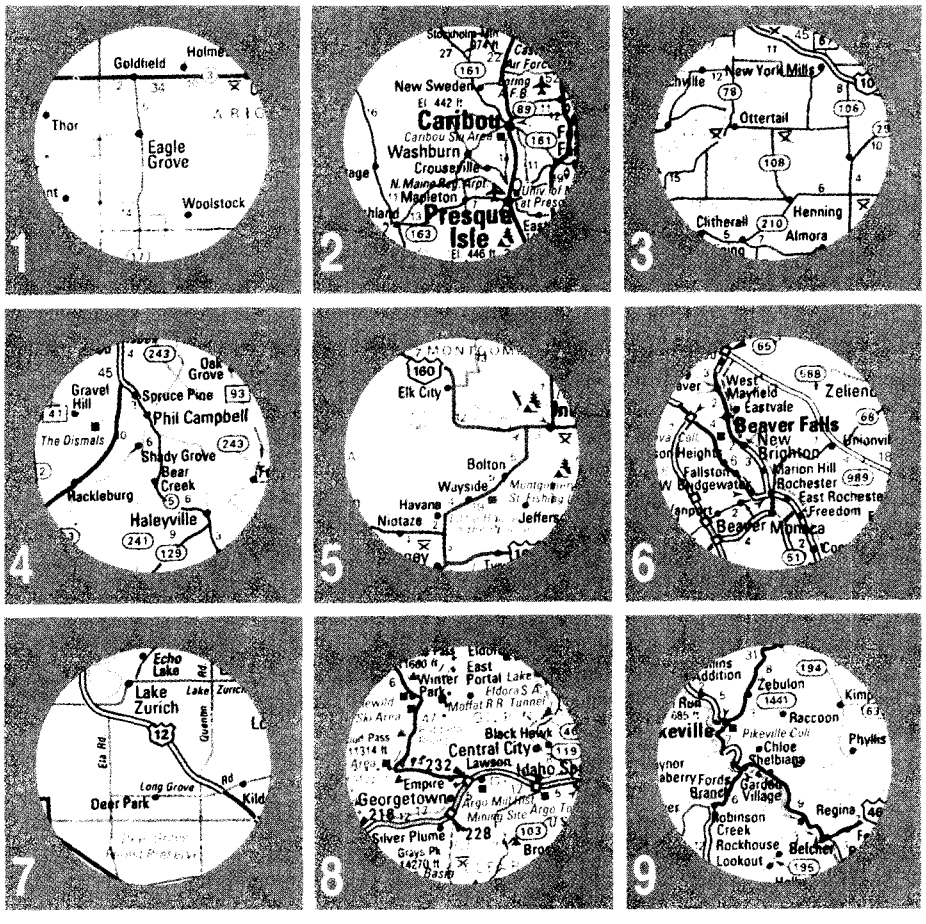
"The *QE2* is the fastest ship in the North Atlantic and the only ship designed expressly for the crossing," the captain tells us. In his cabin, he switches on a video of the *QE2* plowing through 40-foot waves under gale-force winds. The North Atlantic can be "a terrible, terrible place," he says. "Of course, this ship can take anything the sea can throw at her. The only thing I worry about is a passenger possibly falling and getting hurt." Right now, the weather is fine, but out here, the captain says, "everything can change in a matter of a few hours." He has taken the precaution of pushing the ship ahead of schedule, just in case there is a "setback"—such as "an engine going out"—later on.

Sunday, the air turns chill as we pass close to the ice fields. Passengers on deck wrap up in thick, blue *QE2* blankets. Stewards break out the hot bouillon. In the Grand Lounge, the dance class is attacking the rhumba. Over the speakers comes an announcement: "At 10:00 a.m. we will be passing near the site of the *Titanic* disaster, approximately 20 miles off the starboard side."

Soon, however, the balmy weather returns in force to remain for the rest of the voyage. After several days, an amazed steward on the helicopter deck, staring worriedly at the cloudless horizon, is heard repeating to himself, "It just can't be like this; it just can't be like this." Nearby, a young dean from an American college, who brought his computer along intending to get some work done, relaxes in a private-rental deck chair. "There are just too many interesting things to do here," he complains.

As the voyage nears an end, activity seems to intensify. Devotees of the giant jigsaw puzzle on the quarterdeck by "D" stairway push for completion. Quoits players hold their championship matches on deck. The Golden Door Spa presents its awards for mileage on board. British tea specialist Jane Pettigrew delivers her final lecture, "A Perfect Afternoon Tea."

At 9:30 a.m. on Wednesday, astrologist Elizabeth Garrity gives last-minute "Mini-readings" in the Grand Lounge aft. Suddenly, an explosion like cannon fire, breaks the relative calm, followed by another blast a short time later. A voice over the

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### *Where do you think you are?*

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

*(Answers on page 101)*

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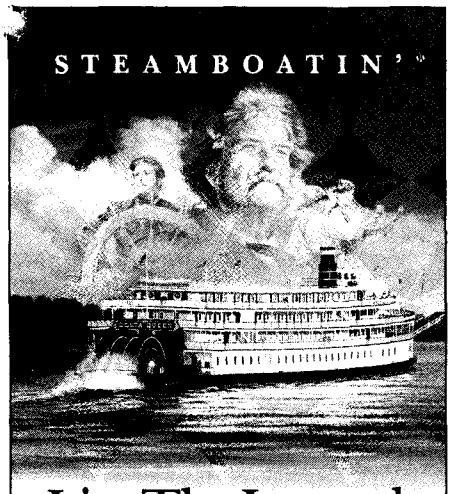


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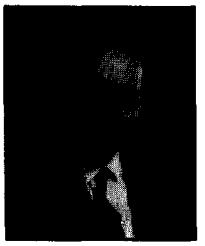
# DEPRESSED CHRISTIANS?



*Dr. Jack Jones*

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speaker matter-of-factly announces that the Concorde aircraft has passed overhead. England can't be far. Midmorning, a hazy shoreline materializes. It is the coast of Cornwall. We are entering the Channel. High winds churned up by a North Sea storm catch passengers off guard on the now open bridge. They go scurrying for shelter. Calmness returns later in the day as we round the Isle of Wight. A group of French passengers linger in their swimsuits on the Sports Deck, soaking up the final rays.

At 5 p.m. passengers line the rails as we enter a gray Southampton harbor. Passengers wave and shout to relatives on the dock as the pilot eases us up to the terminal. The ship's movement comes to a halt. Voyage #792 Transatlantic Eastbound is over. Everyone heads inside to gather hand luggage and find a seat in a lounge. They will have to wait from 1½ to 2 hours to disembark, but after five days and nights of life at a civilized pace, no one is in a hurry to say "cheerio."

The *QE2* will make 27 transatlantic crossings this year, 13 eastbound and 14 westbound, between New York and Southampton. Starting rates range from $1,795 to $2,380 per person, double, including complimentary return airfare between London and any of 77 North American cities. For more information, call Cunard at 800-221-4770.

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Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by June 23, 1992.

The winner of the May/June 1992 contest will be announced in the September/October 1992 issue.

Our congratulations and a check for $100 go to Ramona Demery of Orem, Utah, for the winning entry in our Jan./Feb. 1992 caption contest.

*To all it's quite easy to C*
*These lovers in misery to B;*
*Though they earnestly pine*
*For a kiss so divine*
*It's not likely without ESP.*

## *"Candid Camera"*

*continued from page 51*

laugh at themselves—in fact, tempers can flare. But the crews have learned the target groups. "Kids are the funniest," says Matzke. "They are so funny because, you know, when you're a kid, almost anything is possible still. They are so much more free with their emotions."

White-collar professionals are often too hurried during the day to stop and appreciate a stunt. Women, the crew has found, appear to be more suspicious and ask more questions. Temporary office workers, however, are perfect foils or "marks" for "Candid Camera" scenarios and are used often, as are pizza-delivery and pick-up services. Casual shoppers in malls and visitors to local parks are also sitting ducks for the hidden CC eye.

Since it debuted over four decades ago, "Candid Camera" has been a part of three feature films, 40 short movies, nine home video cassettes, eight record albums, and three books. Ironically, the show is also used as part of the psychology curriculum in more than 60 colleges and universities around the world.

Who dreams up these crazy skits? A lot are remakes of favorite stunts. "We take the old 'Candid Camera' and go through the tapes and we try to update them," Matzke explains. "We have a staff of writers, and the writers will come up with a general concept, but every director, every team is different. Sometimes if it [the stunt] is not working, we just take an offshoot of what they're doing and run with it."

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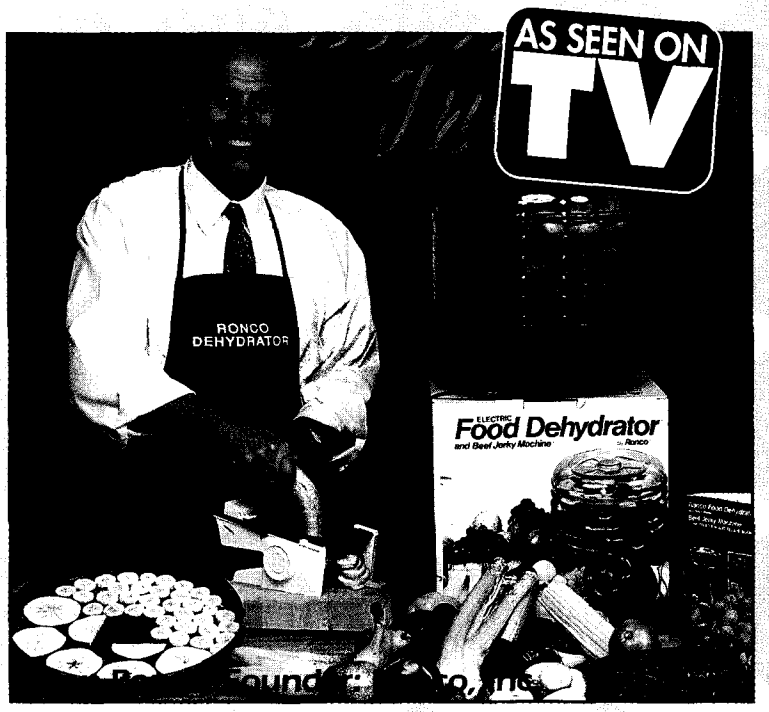


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Some gags don't work.

"Although it wasn't a total bomb, it was a great psychology lesson," Matzke says, recalling a failed stunt. "We did one at a restaurant. The customers would come in and tell their name to the maître d' and the maître d' would keep mispronouncing it. The pronunciation was so far off that someone else, one of the actors, would stand up and say, 'That's my name' and the wrong couple would be seated."

Sounds funny enough, right?

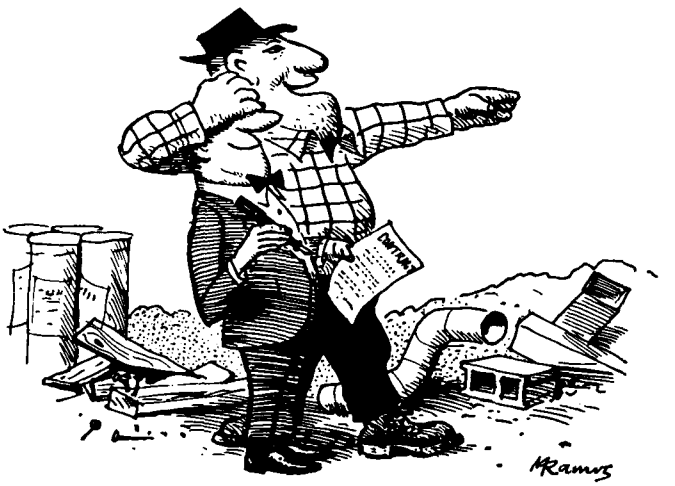
"It does sound funny, but in practice we realized that people are proud of their own name and do not want people mispronouncing it," Matzke relates. "They found it rather insulting."

More often than not, the gags work. Take, for example, the classic remake of the skit known as Bird On The Roof. "We had this really nice chicken suit with real feathers. We put the actor dressed up in this suit on top of a building right downtown," Matzke remembers. "Across the street one block down, we have a bird watcher with a video camera—another actor—who pretends that he was desperately trying to get his camera to work and he just stops passersby by saying, 'Oh, my gosh! Can you believe what's going on?' pointing to the giant chicken on top of the building downtown.

"Some people would say, 'Right. What, "Candid Camera"?' and others would fall for it and say, 'It's the biggest bird I've ever seen. He's going to be taking off.' And they would give a play-by-play account of the bird's activities while the bird watcher tried desperately to get his video camera to work. It was visually hysterical."

Setting up a "Candid Camera" stunt takes hours of planning and execution; cameras and microphones must be camouflaged. In one skit, a camera was rigged inside a lunchbox; a model-airplane remote control was used to control the camera's eye. Microphones are taped to floors, chairs, mirrors, or wherever it's necessary—and everything must be placed with painstaking care, because the slightest mistake can often signal the victim of the stunt. A standard day for the crew usually runs 12 to 14 hours, just to capture one or two three-minute segments for the series. Although the finished product appears effortless, a lot of work has preceded it. The new show will feature six or seven different pieces, most of them about two to three minutes long, amounting to twice the number of segments shown on the original shows.

With ten crews scanning the United States just waiting to catch people in the act of being themselves, don't be surprised if someday, somewhere, someone comes up to you and says, "Smile! You're on 'Candid Camera'!"



## You Be the Judge

*by José Schorr*

The Youngloves bought a dream home from a builder who assured them positively that the heating bills wouldn't run more than $12 a month "even in the coldest weather."

By November, however, the furnace burned a fantastic amount of oil without heating the house. When the builder refused to reinsulate or do anything else about it, the half-frozen Youngloves did the job themselves and sued the builder for what it cost.

"In effect, he sold us an unfinished or inadequately built house, and we had to rip it up and install proper insulation," the Youngloves complained. "Therefore, he should pay the difference between what he promised and what he delivered."

"I only gave them my honest opinion of what the heating cost should be," the builder replied. "Beyond that it was a matter of *caveat emptor*—let the buyer beware. There was nothing to prevent them from having a heating engineer investigate and estimate the cost."

If you were the judge, would you make the builder pay?

---

The builder had to pay. The court said that an expert house builder who overpraises his construction to an inexperienced home buyer should be required to make good. It added that it was "investigation" enough for the buyer to rely on the builder's word.

*Based upon a 1958 Missouri decision.*

## *Summer . . . Discontent*

*continued from page 53*

packet of threads, buttons, needle, yard goods, and whatever else goes into a Day's Inn mending kit, which Guess-Who had stuck into the matchbook container.

I suppose I could have dramatically whipped out one of the threads and sawed it across a piece of charcoal until it ignited, but by that time even the youngest kid would be working on his Ph.D.

My dear wife's birthday provided the summer's only bright spot, and that but temporarily. The vegetable dehydrator I stuck a bow on not only evened us up for that lousy ice cream freezer, it also was the solution for a garden that didn't know when to quit.

By this time, the tomatoes had got their second wind, cucumbers are too big to know when their season is over, and the zucchini—well, you know about zucchini. The Mason jars were full, and the freezer side of the refrigerator so loaded that we had stationed a basket on the floor to catch the stuff that fell out whenever we forgot and opened the door.

Now, dear wife is not one to show emotion readily. But when she saw this dehydrator—well, you've seen happier expressions on the faces of goats with their heads caught in a fence. But no arguing with the results. In only one day, working from 7 a.m. to around midnight (I'm not sure, as I had been in bed for some time), she washed, scraped, sliced, and dehydrated my

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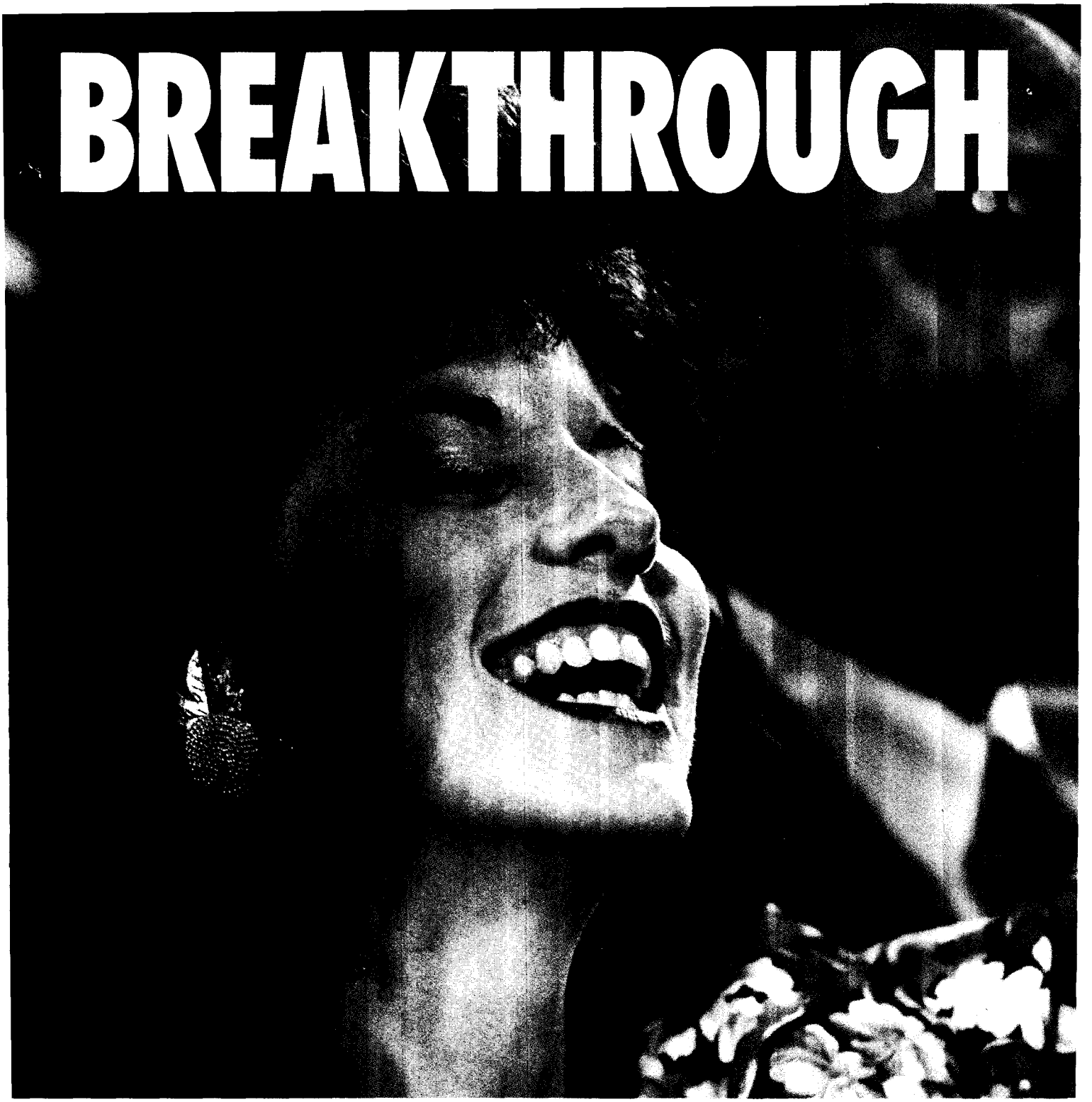
# BREAKTHROUGH



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**September 3-5 Denver Victory Campaign**
Speakers: Kenneth and Gloria Copeland
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**September 18–20 Eagle Mountain Motorcycle Rally**
Speakers: Kenneth and Gloria Copeland,
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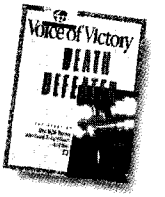


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entire harvest of carrots to fit into two sandwich bags.

Looking back, I probably should have waited another day or two before bringing in the bushel of onions. Sniveling over onions is not uncommon for dear wife, but never had I seen her completely break down like that.

This of course left the zucchini up the creek without a dehydrator, as still another saying goes. But, I believe I mentioned this, I have one final hope: Halloween. And what I'm hoping is, among the trick-or-treaters this year, at least 25 will be toting sacks that are large enough to accommodate a zucchini.

I suppose sacks large enough to handle a vegetable dehydrator or a two-quart ice cream freezer would be asking too much.

## *Redbeard*

*continued from page 33*

fer to hang around Pasadena hoping your marriage with Red will bust up so he can say, "I told you so."

A.: But, Mr. Emery, I haven't the slightest intention of marrying Red. Why, I hardly know him.

Q.: Marry him and get acquainted.

A.: Ridiculous!

Q.: How about regarding it as a patriotic duty? If our Navy is to remain at top efficiency, if our admirals are to be saved from apoplexy, somebody's got to marry Red. And you're the logical choice.

A.: I never heard such nonsense. Red's merely a passing acquaintance; I'm not even sure that I like him; and he's——Oh-oh, Mr. Emery, look down there. He's waiting for me! It's Red! It's Red! It's Red!

Q.: And in the admiral's car.

A.: How perfectly insane! I told him not to do it.

Q.: He's done it, all right. Well, if you have any trouble, telephone me, and I'll try to fix things. Remember that even though your future life with Red may resemble a trip around the world on a roller coaster—you'll never be bored. Incidentally, I think that young man, given the right feminine influence, is going places.

A.: Mr. Emery, you don't really think I'm going to marry him?

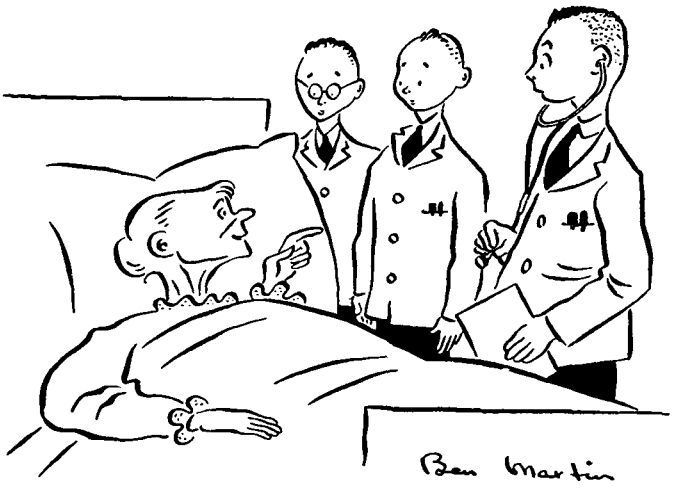
Q.: If he doesn't kidnap you and take you to the city-hall marriage bureau, it will be because his eyesight is failing. You're prepared to sweep him off his feet.

A.: Why, I hadn't even dreamed of such a thing.

Q.: Then why are you all dressed up like the Queen of Sheba?

A.: This is just an old rag, Mr. Emery. The idea!

Q.: Perhaps it's the girl in the dress. Mark my words, Red won't be able to resist. If I were in his shoes, I know I couldn't. It's a good thing I haven't a big blue——Dear me, Miss Mulliford, that was a very sweet and charming gesture and at my age one appreciates it. Red's an extremely fortunate young man. . . . No, not a cent. I was going to charge you $10,000, but I feel overpaid already. . . . Well, if you insist, we'll compromise on a large piece of the wedding cake. Good-by and the best of luck. . . . Oh, Miss Johnson. Never mind those letters; come over to the window—I want to show you one of my clients. See that girl getting into the big car? It's an admiral's car; but the young man with the red whiskers isn't an admiral. Still, notice his technique. Doesn't that suggest the Higher Command? And there they go—youth in the Admiral's car. It's a symbol. Miss Johnson, do you believe in reincarnation? You know, if I'm ever born into another existence I shan't remain a civilian—at least not any longer than it takes to grow red whiskers and join the Navy.




## The Perfect Squelch

Exuding confidence, the bright young medical student was making his first physical diagnosis. Most of his second-year classmates were nervous as they interviewed residents of an old folks' home whose growing ills had been diagnosed by a succession of medical classes through the years. But not this student.

Carefully deepening his voice to an impressive tone, he asked his subject, an elderly lady, to give him all her symptoms. He took them down in detail, mentally congratulating himself on his smooth bedside manner, then asked, "Now, are you sure you've named all your symptoms?"

"Oh, no," she said, "not all."

The student frowned. "Don't you realize that every symptom, no matter how slight, may be important? Now tell me just what you failed to mention."

"Well, I didn't mention my neuroses . . . for your sake," the old lady explained.

"For *my* sake?" the student asked irritably.

"Yes," said the old lady gently; "you see, you won't even get to study neuroses until next year."

*—Mildred M. Flammer*

## *Still Time to Plant*

*continued from page 68*

bulbs, and taken up again the following fall, formed into little bulbs.

And summer oxalis! Its tender green leaves and pink and yellow flowers appear almost as soon as the bulb is in the ground, blossoming all summer long, and in the fall, when they are taken up, as though this wasn't enough, the one bulb planted in spring is covered with new bulbs.

Montbretias (crocosmia) grew in my garden of course. Blowing in the wind in gay frocks of red and orange, pale yellow and rose, for all the world like tiny gladioli. They paint a warm glowing picture if planted in groups of a dozen or more.

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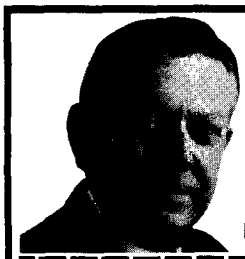

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### Dahlias Thrive on Care

My favorite dahlias are the silver-pink pompoms and the deep-red cactus varieties. When planting these I dig a hole deep enough to allow the tuber, which has been left with only two eyes, to lie about six inches from the surface. Just a few handfuls of earth are scattered over it until it has made a definite growth, then I cut off all but one sturdy shoot, and fill the rest of the dirt in the hole. The remaining shoot, as it grows, is carefully staked, and the flower buds are pinched off regularly until it is strong enough for big blooms.

The gladioli are planted every two weeks until July first, so there will be a long period of blossom. They are placed with my few cannas, which are pale pinks and delicate yellows, among the other plants in the beds.

I planted two dozen ranunculus bulbs, too, and what satisfactory plants they turned out to be, like tremendous double buttercups, three inches across, but in colors buttercups never wear. Almost every color is there except blue.

I bought a few autumn-flowering crocus—colchicum—and scattered these around, and when the little groups of blue and lavender and rose appeared among the autumn leaves, in a garden almost devoid of blossom, they seemed very lovely to me. Just a few of these, as they were rather expensive. The ranunculus and crocus I find are hardy in my garden in Southeastern Pennsylvania. ❦

*Marjorie Norrell Sulzer's article first appeared in* The Country Gentleman *magazine.*

## *Taking Exercise in Stride*

*continued from page 14*

calories than running.

"At about five miles per hour (12-minute miles), walkers start to use more oxygen and burn more calories than joggers going the same speed," says Casey Meyers, author of *Aerobic Walking*.

"From that point on, if a walker and a runner maintain the same speed, the walker's oxygen consumption and caloric expenditure rise faster than the runner's as his speed increases."

The reason for this phenomenon is gait efficiency.

"Running is simply easier and more efficient than walking at high speeds," Meyers says. "Imagine a walker and a jogger exercising side-by-side at an 11-minute-per-mile pace. The walker will burn more calories, use more oxygen, and have a higher heart rate than the jogger simply because walking at that speed is a very inefficient gait and requires more energy."

Meyers divides walking intensity levels into four groups:

**Strolling**—3 mph (20-minute mile or faster), low intensity.

**Brisk**—4 mph (15-minute mile or faster), moderate intensity.

**Aerobic**—5 mph (12-minute mile or faster), high intensity.

**Racewalking**—6 mph (10-minute mile or faster), very high intensity.

High-intensity walking will strengthen the heart and burn calories in the minimum amount of time, but moderate-intensity walking still provides significant health and weight-loss benefits, too.

"A lot of people don't like flailing their arms and moving so fast," says Rob Sweetgall, who has walked the perimeter of America (10,608 miles) and all 50 states (11,208) to inspire people to walk for health. "So I tell people not to get hung up on speed. It's more important that you just get out there and walk every day at a moderate pace you can enjoy. Because if you don't enjoy it, you won't do it."

Finding an easy, enjoyable exercise would be a great boon to the 80 percent of adults who exercise sporadically or not at all, says Rippe, since studies show that the most benefit from activity comes to previously sedentary people who start moving.

"That's why I feel that the average person is clearly better off walking than running, because most people can't—or don't want to—run," he says. "You've got to find something that people can do and will like doing, which for most people is walking."

At the speeds most people walk (about 15 to 20 minutes per mile) or run (about 8 to 12 minutes per mile), Rippe says, "running will burn about 20 percent more calories than walking."

But he cautions against picking an exercise solely on the basis of calories burned. "If you prefer running, great, then run," he says. "If you like walking, walk."

"The most important thing is to find an activity you like and make it a part of your life," he says. "Every day. It isn't magic and it isn't complicated. But it works." ❦

## *Spotlight on Celery*

*continued from page 16*

coat thoroughly.

* To toast walnuts: Place in small dry skillet over low heat until golden, about 5 minutes, stirring occasionally. Yogurt Dressing: Combine ½ cup plain nonfat yogurt with 3 tablespoons *each* fat-free mayonnaise and cider vinegar, 2 teaspoons sugar and ⅛ teaspoon ground black pepper.

**Per Serving (1 cup):**

| | |
|---|---|
| Calories: 216 | Sodium: 156 mg |
| Protein: 18.4 gm | Cholesterol: 35 mg |
| Fat: 5.8 gm | Carbohydrate: 22.7 gm |

### Celery and Winter Fruit Salad

*(Makes 6 servings)*

*3 cups celery cut in ½-inch pieces*
*1 cup orange segments cut in 1-inch pieces*
*1 cup red or green apple cut in ½-inch pieces*
*1 cup seedless red or green*

*continued on page 10.*

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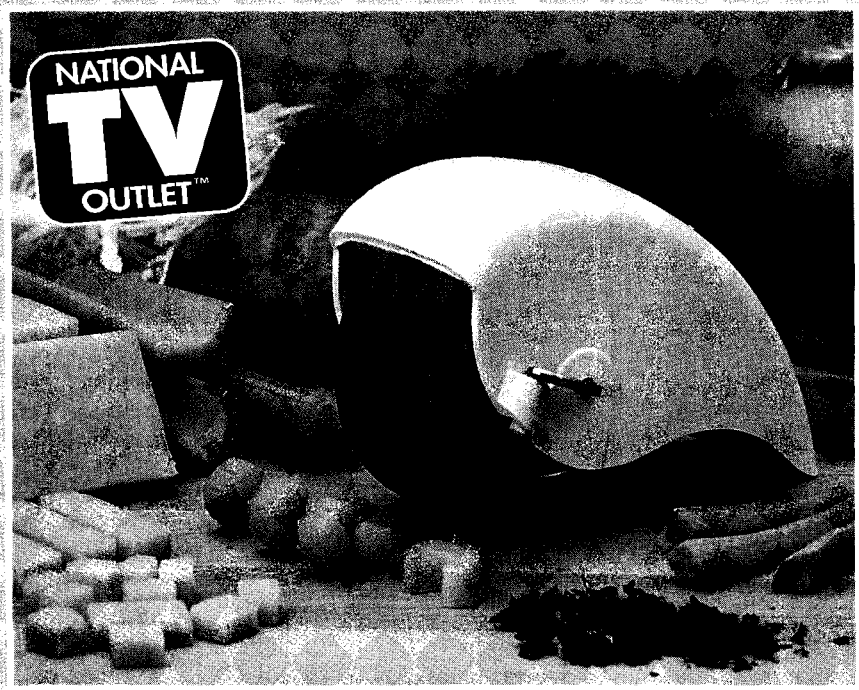


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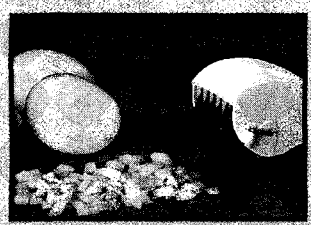
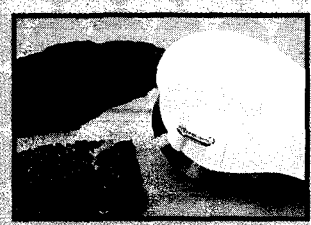


**CHOPS**



**TENDERIZES**

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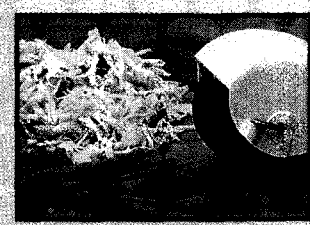

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# MEDICAL MAILBOX

## by Cory SerVaas M.D.

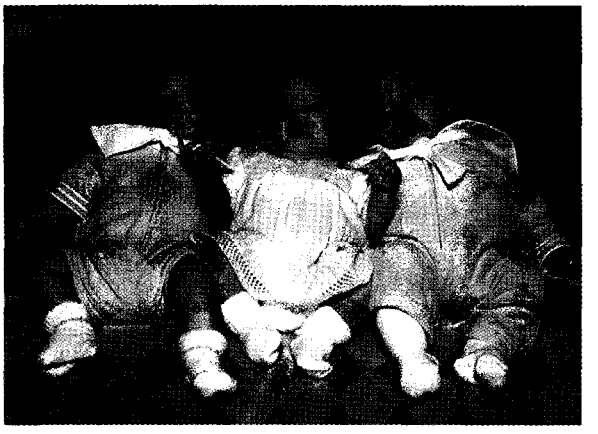
**"You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on."— Benjamin Franklin**

### Ultrasound

**Dear Dr. SerVaas:**

**We are expecting twins. We've already had two ultrasounds and will probably have more before they arrive. We were wondering how safe ultrasounds are?**

*Donna Purtell*
**Detroit, Michigan**



**Ultrasound divulged these triplets at 17 weeks of gestation. On viewing that early ultrasound video the father exclaimed, "They look like three little hoot owls in there." Ultrasound is a boon. It removes surprises at delivery.**

We believe ultrasound is a very safe procedure. In its 20 years of use there has been no evidence of harmful effects on either the mother or baby.

Unlike an x-ray that uses radiation, ultrasound uses just sound waves produced from small crystals in the transducer. These sound waves travel through the body and get bounced back to the receiving part of the transducer as they meet structures in the baby. The time they take to return and the change in their frequency are translated by the computer to a line-picture that shows the outline of the area scanned.

Ultrasound is used to look at fetuses as young as 6-8 weeks. Ultrasound can check the growth of the baby, its position, the location of the placenta, and the number of fetuses. It would also show any problems with the head, spine, internal organs, heart, stomach, and limbs, and show the expecting parents their baby's sex.

With twins on the way you should be thankful for ultrasound because it could reduce the chances of needing to undergo a Caesarean section—which all of us try to avoid if possible.

### Garlic—The "Stinking Rose"

**Dear Dr. SerVaas:**

**A few years ago *The Saturday Evening Post* ran an article about the medical benefits of garlic. Since then I have always tried to include it in my cooking, not just for the medical properties but for the taste which I love.**

**I recently remarried and my husband is not too keen on the "stinking rose." I tried to explain the beneficial properties of garlic, but he remains unconvinced. I was unable to find the old article you ran so I was wondering whether you could send me a copy or tell me the date so I could look it up in our library.**

**I know this is an unusual request but I would hate to have to restrict my use of garlic, and this I will have to do if I can't convince my husband.**

**Thank you for any help you can give me.**

*Mrs. S Erikson*
**Stamford, Connecticut**

The article you refer to ran in May/June 1990. It outlined the medicinal benefits of garlic and offered some delicious garlic recipes.

As far back as ancient Greece, garlic was thought to help everything from rabies to hemorrhoids, from acting as a laxative to helping reduce horses' nightmares.

Recent research seems to indicate that garlic does have some definite medicinal properties that can help control hypertension and reduce the risks of cancer, in particular, stomach cancer. Garlic has been shown to kill 23 different types of bacteria, including salmonella, staphylococcus, and 60 kinds of fungi and yeasts, among them *Candida albicans*, a cause of vaginitis.

Garlic is also high in vitamins A, B, and C, and contains selenium, which stimulates the body's natural immune system. Aren't these all good reasons to convince Mr. Erikson that he should join you when you dine on gourmet garlic dishes?

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# Why 2 Million Europeans Breathe Easy With Garlic 3 Times a Day.

For years, Europe has been a leader in the area of natural food products—such as garlic. But eating fresh raw garlic 3 times a day can be a little hard to swallow. That's why millions of Europeans breathe easy and get the equivalent of fresh, raw garlic in a small odor-free tablet: KWAI. And now KWAI is available here in America!

*Now you can add garlic to your daily diet with KWAI,® Europe's #1 brand.*

**High Technology Makes It Possible.** Many of the garlic capsules popular today contain only garlic oil—as little as 0.1% to 0.2% of the garlic clove. And heating or cooking can change the properties of fresh garlic. But KWAI is made through a special process that gently dries the highest quality fresh garlic to retain all its natural qualities. Modern research and technology make it possible to manufacture KWAI without preservatives, antioxidants, flavoring agents, salt or gluten. And unlike raw garlic, KWAI has none of the obvious social drawbacks of a tell-tale odor.

**Like Fresh Garlic—With *No Odor.*** Six KWAI tablets taken over the course of one day equal one clove of fresh raw garlic. Unlike many other garlic products, KWAI maintains strict scientific standards to assure consistency. And KWAI tablets are coated to protect their contents—so they are odor-free! KWAI tablets are small, tasteless, and easy to swallow.

**Life At Its Best, Naturally.** As you get older and wiser, you're probably taking better care of yourself—exercising, watching your diet, lowering your cholesterol and fat intake. And if you are among those who like garlic in their daily diet as millions of Europeans do, you can add garlic to your diet the modern way with KWAI. Don't delay, make KWAI part of your daily diet today!

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### Johnson, Not So Magic!

**Dear Dr. SerVaas:**

**Since the early 1930s I have enjoyed your publication plus the cleanliness of it. It was fit for young and old.**

**Now, in the March/April issue on page 94 you write, "Magic Johnson, we let you down. We failed you..."**

***And this is the fellow who bragged about having had* sex with more than 1,000 women, and therefore he didn't know from which one he'd acquired the AIDS virus! Bragging of his conquests!**

***Do you really think* he is an appropriate person to mention and bow to in this splendid magazine? Many of us don't. Please clean up your act and more thoroughly cleanse it of highlighting such disgusting characters.**

*Oscar Samuel Roloff*
**Kirtland's, Washington**

We owe our readers an apology. Because we don't keep up with the tabloids, we didn't know that Magic Johnson had made this boast.

We agree with you. The editorial meant to convey how unfortunate it is that the medical profession, our government, and the public did not insist on routine AIDS testing and contact tracings as we have done in the past for other sexually transmitted diseases. Syphilis is a good example of a disease we conquered by testing and contact tracing (see page 64). Today, AIDS and resistant strains of TB are infecting our people because we have failed to square our shoulders and handle AIDS like the medical disaster it is.

Our regular *Post* readers know of our long crusade to prevent AIDS from spreading. We began in the early 1980s, and your editor served on the President's Commission on the Human Immunodeficiency Virus (HIV) Epidemic.

### Checking the Gas

**Dear Dr. SerVaas:**

**Thank you for the bottle of Colo-Fresh recently ordered. The ad in *The Saturday Evening Post* indicated it is used for colostomy and ileostomy patients. While I do not have problems with those, I do have a problem with hemorrhoids, and they cause more than usual passages of gas. This causes fecal odor in my clothing and, working closely with people as I do, that causes frequent embarrassment. Are there any side effects?**

**Colo-Fresh, a safe product for removing unpleasant odors.**

**Before using this product, I would appreciate answers to my concerns and questions. Thank you kindly.**

***Name and address withheld***

Colo-Fresh contains bismuth subgallate. Bismuth is a safe substance used by physicians for patients with stomach ulcers. Pepto-Bismol, for example, which contains bismuth, is proscribed by doctors for up to four weeks for infected ulcers. It is used during and after a two-week course of antibiotics for some ulcers. It is a very old remedy.

We suggest that you try to eat more high-fiber foods and less meat, which might help cut down on the odor. Beano is another safe product that might cut down on the amount of gas produced.

*"Okay, he's out. You can remove his lucky fishing hat now."*

### Lysine and Chickenpox

**Dear Dr. SerVaas:**

**What do you think of giving a child who has possibly been exposed to chickenpox extra lysine? How much would you recommend? I'm wanting your opinion *because our grandchildren have been exposed.***

**I would also like to know if you could use the lysine as a cream. Would it help in a sunscreen lotion to prevent blisters or cold sores? When a blister tries to form on the lips, do you think a topical lysine preparation would be helpful?**

*Mildred Anderson*
**Los Angeles, California**

We spoke with Dr. Richard Griffith about his use of lysine for children who have been exposed to chickenpox. Also whether he had any throughts on lysine usage in sunburn or other skin problems. Here is his response.

Dear Dr. SerVaas:

I use Clark's rule for chickenpox, proportions by weight. The average therapeutic adult dose that I use is three grams a day (one gram or two of the 500 mg tablets three times a day.) Incidentally, the FDA has approved a lysine dosage of three grams a day.

This figures out to be roughly 20 mg per lb average body weight. Hence a 30 lb child would get 600 mg per day. Since there is no evidence of lysine toxicity, I round this off to half a tablet (250 mg) three times a day. They can be crushed and given in applesauce (teaspoonful), etc.

A 60 lb child would take approximately 1200 mg.

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round this off to 500 mg three times a day. Larger children can take the adult dose of 3 grams a day.

There have not been any studies with lysine in chickenpox, though my personal experience has strongly suggested that there is a beneficial effect: no further pox formation, itching reduced.

When one sibling gets it, I put the other children on lysine in the same dosage schedule. They either do not break out or have a very mild episode. I worry whether the child that does not break out could have a worse case later on as an adult. I do not have the facilities anymore to check for immunity (antibodies, etc.).

For open lesions, I have used a tablet dissolved in an ounce or two of water. This is dabbed on the child with a cotton pledge two or three times a day. I suggest keeping the solution in the refrigerator. I have not tried a lysine ointment.

I do not know if lysine would help with sunburn blisters. I had two cases of severe poison ivy, one on the feet and the other on the face. Both patients swore that the itch disappeared when lysine was taken orally, and dried up rapidly. Lysine is an important precursor amino acid in the tying of the skin cells together.

*Yours sincerely,*
*Dr. Richard Griffith*

### Itching For an Answer

**Dear Dr. SerVaas:**

**I have this terrible itching problem. It occurs only when I lie down to sleep. It is all over my body and all I can do is constantly scratch and claw—and that doesn't do any good because the minute I stop scratching the itch comes back.**

**I have been to the doctor and he finally said, after three visits, that he "didn't know what was wrong." I have not changed my eating habits; I take no medication that I have not been taking all along.**

**The itch never occurs during the daytime—only at bedtime, and then only when I try to sleep.**

**There is no evidence of a rash or any visible sign on my body or limbs to indicate the problem. I have taken nerve pills and sleeping pills but to no avail—they don't stop the itch. The only relief I have found is taking alcohol in a moderate amount (after 3 or 4 hours of constant agonizing itching) and it seems to calm the itching down enough for me to finally sleep. I certainly do not want to depend on alcohol for this problem. It is harmful to my health, but I cannot go on with this awful problem. It almost drives me crazy. It seems to be more a nerve problem than a superficial skin problem. However, I am retired, have a wonderful husband, and am content with my life except for this surprisingly impossible illness that the doctors can't cure.**

**Please help me!**

***Mrs. H. Hickson***
**Carlsbad, New Mexico**

Dear Mrs. Hickson:

What a perplexing challenge you give us. I hope we have a reader who may have suffered and conquered a similar problem. Could the bed you sleep in be a clue? Could it be your husband's pajamas? Does the itching occur when you sleep in a bed other than your own?

Have you used a different detergent or laundry soap? One dermatologist we know recommends *Yes* as being the least likely to cause skin reactions. *Bounce* is the worst for skin irritation. He recommends *Dove* hand soap.


# What does it take to be the world's best aerobic exerciser?

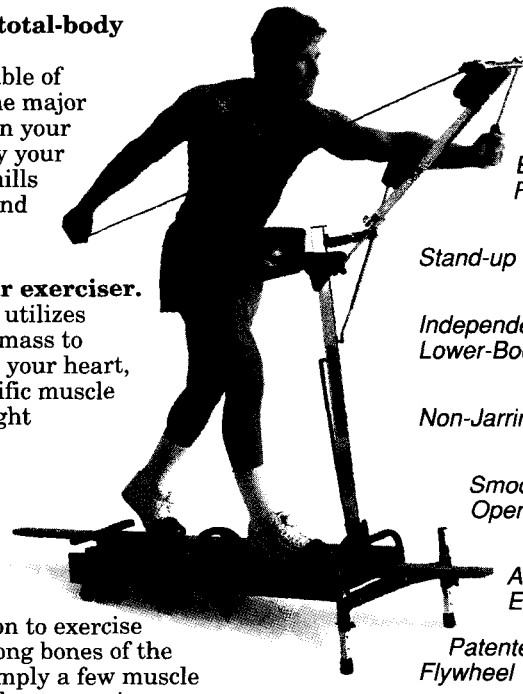
**It takes a total-body exerciser.** A machine capable of exercising all the major muscle groups in your body, not simply your legs like treadmills exercise bikes and stairclimbers.

**It takes a cardiovascular exerciser.** A machine that utilizes enough muscle mass to readily exercise your heart, not simply specific muscle groups like weight machines.

**It takes a weight-bearing exerciser.** A machine that utilizes the standing position to exercise the joints and long bones of the skeleton, not simply a few muscle groups like sit-down exercisers.

**It takes a safe exerciser.** A machine that can't damage your knees like stairclimbers, or your back like rowers, or throw you off like treadmills.

**It takes a stimulating exerciser.** A machine that's exciting and recreational to use, not monotonous and repetitive like so many other machines on the market.



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Skin can itch more when it is dry. Does your problem occur only in the winter? Have you tried a humidifier in your bedroom? An Indiana University medical school dermatologist professor we know recommends using Lubriderm, especially after bathing. He cautions against showering and bathing in hot water. After the skin has been exposed to warm water, he advises using Lubriderm. Do you bathe or shower before you go to bed?

We have some readers who claim their itching is relieved when they take lysine supplements. They take two or three grams of lysine. These are people who report that they can prevent their fever blisters from occurring by using lysine.

Instead of scratching, have you tried rubbing your skin with Lanacane? People tell us that it works for them.

As a last resort, a dermatologist we know has been able to relieve itching rashes by prescribing Vasalone, but this is a cortisone cream, and your doctor won't want to prescribe it until other remedies have been tried.

Since your doctor admits that he doesn't know what is wrong, ask him if he'll recommend an allergist, a dermatologist, or a neurologist to search out the cause of your extreme discomfort.

### Tempest in a Teapot

**Dear Dr. SerVaas:**

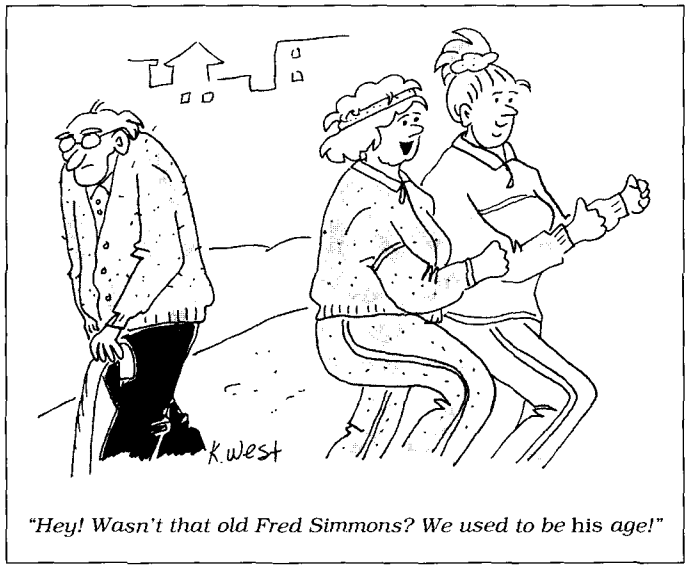
**I am alarmed about lead in china and crystal. Your article in the Jan/Feb 1992 issue of *The Saturday Evening Post* warned about several china patterns. Is there a more complete list? Is there a product that can be applied to china and the endless variety of mugs on the market to see if lead is present? It is useless to ask sales clerks in the stores who have no way of knowing.**

**I know pottery made in the U.S. is lead free but have no idea about other countries.**

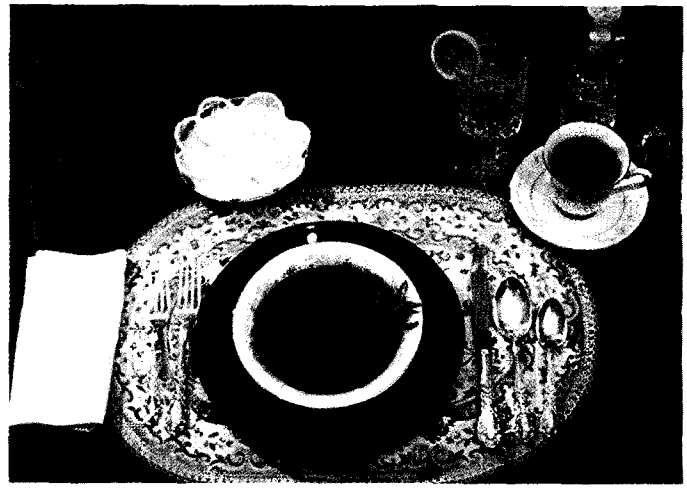
***Dorothy B. Thelning***
**Charleston, South Carolina**

We spoke with the Food and Drug Administration about your request. At the present moment, there is no list available that gives the different levels of lead found in various ceramic products. They suggested you write to the individual manufacturers for information on each pattern.

The FDA does recommend a few precautions you can take to minimize the risk of lead poisoning: Do not store




*"Hey! Wasn't that old Fred Simmons? We used to be* his *age!"*



**Acidic foods such as tomatoes or citrus fruits can cause the glaze on some china to leech lead into the foods.**

acidic foods in ceramic ware. Limit the use of antique or collectible ceramic ware for food or beverages (because the levels of lead in these items are less controlled). Do not store food in vessels that are highly decorated on the inside. Stop using ceramics that show a chalky residue on the glaze after washing.

The levels of lead leakage can be measured by commercial laboratories; however, there are three kits on the market that will allow you to do this at home. If you would like more information about these kits, then write to *The Saturday Evening Post*. Each kit can test for lead in ceramics, crystal, toys, soil, and pipes.

### A Drug for Psoriasis?

**Dear Dr. SerVaas:**

**I have lived with psoriasis for too many years. While visiting a friend in Albuquerque she said that if there was anyone in the world who can help me it's *The Saturday Evening Post*. Can you?**

**Also, I read there is an experimental drug that helps block rejection of transplanted organs. Studies show it cleared psoriasis. This is from the University of Pittsburgh Medical Center.**

**I'll be interested in hearing from you. Thank you.**

***Patricia Longo***
**Riverside, California**

We spoke with Dr. Thomas Starzl of the University of Pittsburgh, who has had a great deal of experience with immunosuppressive drugs in transplant work, for which he is well known. These drugs have been shown to be very effective in curing psoriasis; however, as soon as the dose is reduced or the drug is discontinued, the psoriasis returns. The study done at the University had 100 percent remission of psoriasis after only a few weeks of FX 506, a new immunosuppressive drug. However, the dose used was the same as used for transplant patients to prevent rejection of their new organs. This does have harmful side effects which may make its use as a long term treatment for psoriasis impossible. More research is being done on these drugs to determine how they work.

The more traditional and less harmful treatment for psoriasis is external application of creams and lotions to the affected areas. The first line of attack is with

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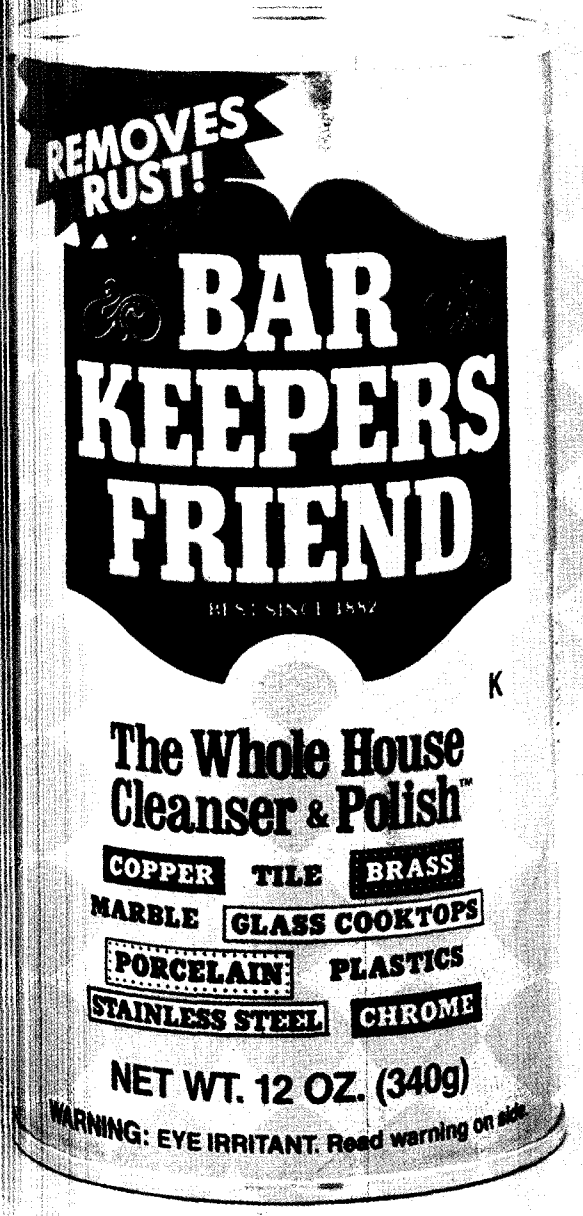
# Here's How to Clean Up!

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corticosteroid creams and lubricants, followed by the use of skin oils and creams to stop drying and cracking of the skin. Exposure to sunlight, both natural and artificial, can be effective, but care has to be taken not to burn, which can induce a more severe attack. Your dermatologist can tell you what's best for your skin and how to apply it. The treatment choices are limited, so the simplest should be tried first and given ample time to work before trying the next treatment.

### Glad to Hear about Galactosemia

**Dear Dr. SerVaas:**

**In reading the question and answer in your column of the July/August issue of *The Saturday Evening Post*, I was amazed at the accuracy and thoroughness of the information on galactosemia.**

**I have two sons. Jim is 27 and Kevin is 25 years old, with this same condition. Never have I been able to talk to anyone knowledgeable about galactosemia, other than the diagnosing doctor, Dr. Samel Bessman, at University of Maryland Hospital, Baltimore, in 1964 and the follow-up doctor, Dr. Bernice Sigman, also in Baltimore. I was under the impression that Gerber Meat Base Formula (MBF) (beef heart) was the only formula available for this condition. That is what we used. What do (or did) other people use? Enclosed is an article about MBF saying it is not produced any longer.**

**Back to the question-answer of Sylvia Duquette of West Springfield, MA. I feel that we have fared well. Our sons are in the best of health so far. They watch their diet, have jobs, live independent of us in their own home, and take care of responsibilities they have.**

**As Mrs. Duquette asked, I also asked our family doctor about Lactaid, and this product is not for them. From our experience, there is quite a bit of misunderstanding over the conditions of lactose intolerance and galactosemia.**

***Mrs. Beverly Ann Fitzgerald***
**Emmitsburg, Maryland**

While Lactaid and Dairyease can be a godsend for people with lactose intolerance, it does not eliminate the galactose from milk, or reduce its harmful effects for a patient with the rare galactosemia problem.

*"I don't have to ask you to describe these headaches, do I?"*

*"We're playing doctor and I've just made my first heart transplant."*

### Dry Mouth

**Dear Dr. SerVaas:**

**I have had such a dry, sore mouth. My tongue is sore way back in my throat and the insides of my cheeks are so tender. I have also developed an itch on the top of my arms and hands. I have to keep drinking water all the time for some relief for my dry mouth. I have a saliva substitute suggested by my pharmacist, but that is very temporary. I'm worried that it may cause tooth decay as my dentist mentioned.**

**My doctor does not seem to know the answer. He says it may be Sjogren's syndrome, but has no cure for me. Can you offer any solution?**

***Mrs. Schable***
**St. Paul, Minnesota**

This baffles me! In Sjogren's sydrome the lack of saliva goes along with lack of tear drops, too. The decrease in the salivary and lacrimal secretions is due to inflammation and fibrosis in the salivary and lacrimal glands.

Suspicion of a diagnosis of Sjogren's syndrome should arise from complaints of dryness of the eye and mouth and it is confirmed by a test that estimates the amount of tears produced. You didn't mention having dryness of your eyes however. Should this occur, artificial tears are available to give relief and possibly prevent ocular complications due to dryness.

Some elements of this disease have been attributed to vitamin A deficiency. Good natural sources of vitamin A are yellow and green vegetables (for example, carrots spinach, cabbage, and sweet potatoes).

Neurologists are often good medical detectives for rare disease. Ask your doctor for a referral. For possible relief of the itch, please read the letter from Dr. Richard Griffith on page 96.

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## *Spotlight on Celery*

*continued from page 92*

*grape halves*
*½ cup vanilla low-fat yogurt*
*1 tablespoon honey*
*½ teaspoon grated lemon peel*
*3 tablespoons slivered almonds, toasted**

In large bowl, combine celery, orange segments, apple, and grapes. In small bowl, combine yogurt, honey, and lemon peel. Just before serving, toss fruits with yogurt mixture. Sprinkle with toasted almonds.

* To toast almonds: Place in dry skillet over low heat; cook and stir until golden, about 2 minutes.

**Per Serving (1 cup):**
Calories: 114 Sodium: 66 mg
Protein: 2.7 gm Cholesterol: 1 mg
Fat: 2.8 gm Carbohydrate: 19.3 gm

### Crunchy Caesar Celery Salad
*(Makes 8 servings)*

*3 tablespoons olive oil, divided*
*1 teaspoon minced garlic*
*1 teaspoon Italian seasoning*
*2 cups Italian bread cut in ½-inch cubes*
*4 ounces turkey breast, chopped*
*2 tablespoons red wine vinegar*
*4 cups celery cut in ½-inch pieces*
*1 cup diced sweet red bell pepper*
*½ small head romaine lettuce*
*2 tablespoons grated Parmesan cheese*

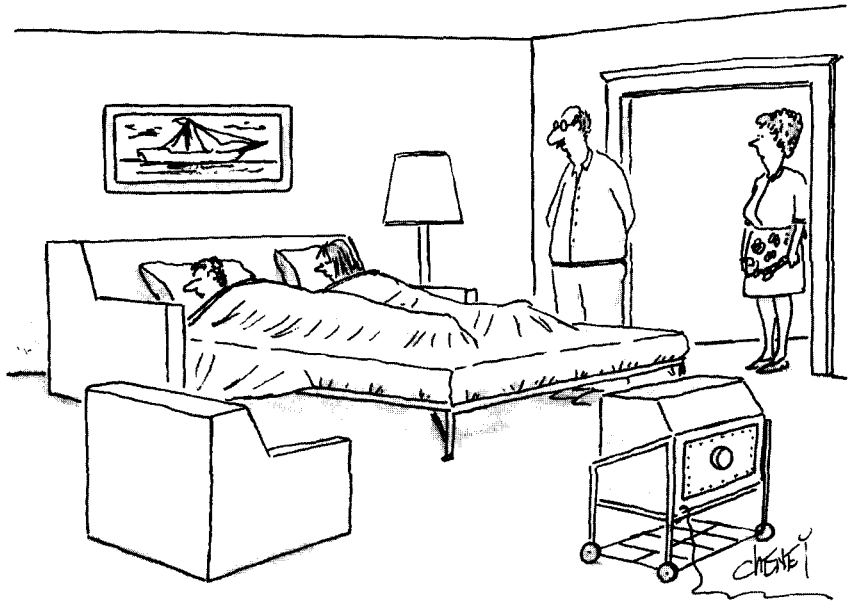
Preheat oven to 350° F. In medium bowl, combine 1 tablespoon olive oil, garlic, and Italian seasoning. Add bread cubes; toss to coat; arrange on baking sheet. Bake until golden brown, about 10 minutes; set aside. Blend together vinegar and remaining 2 tablespoons oil until mixture is smooth. In large bowl, toss together celery, red bell pepper, turkey breast, croutons, and dressing. On serving platter, arrange romaine lettuce leaves; spoon celery mixture over lettuce. Sprinkle with Parmesan cheese.

**Per Serving (1 cup):**
Calories: 151 Sodium: 170 mg
Protein: 7.4 gm Cholesterol: 11 mg
Fat: 6.8 gm Carbohydrate: 15.4 gm

### Celery Salad Signor Antonio
*(Makes 6 servings)*

*1 stalk celery*
*2 tablespoons olive oil*
*3 tablespoons cider vinegar*
*1 teaspoon basil leaves, crumbled*
*¼ teaspoon ground black pepper*
*¼ cup grated Parmesan cheese*
*¼ cup diced turkey*
*1 tomato, cut into 6 wedges*

Trim off leaves and base from celery (save tops for soups, stews, etc.). Separate celery into ribs. Cut ribs into 1-inch by ¼-inch strips (makes about 6 cups). Place celery in large bowl. Combine oil, vinegar, basil, and black pepper. Pour over celery. Add Parmesan cheese and turkey; toss well.



*"The Mrs. wants to know if you folks would like to stay for dinner?"*

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These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Dept. 24186, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

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### Where Do You Think You Are?

*(Answers from page 84)*

*(Theme: North American Animals)*

1. Eagle Grove, IA
2. Caribou, MA
3. Ottertail, MN
4. Bear Creek, AL
5. Elk City, KS
6. Beaver Falls, PA
7. Deer Park, IL
8. Black Hawk, CO
9. Raccoon, KY

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Cover and refrigerate for 1 hour before serving. Place in salad bowl. Surround with tomato wedges. Garnish with celery leaves, if desired.

**Per Serving (1 cup):**

| | |
|---|---|
| Calories: 97 | Sodium: 172 mg |
| Protein: 4.3 gm | Cholesterol: 7 mg |
| Fat: 6.1 gm | Carbohydrate: 6.1 gm |

## *Time to Get Your Calcium*

*continued from page 24*

solution to it for everybody. But the general trend of scientific investigation points toward a definite link between low calcium intake and the risk of high blood pressure.

**Principle 2.** It's best to take your calcium on an empty stomach.

Admittedly, there is some disagreement on this point. One group of researchers feels that calcium supplements—and, by implication, calcium contained in foods—should be taken with meals because they're absorbed better that way. This contention is based on the fact that certain foods, such as meats, will stimulate secretions such as hydrochloric acid, and thereby enhance the solubility of calcium salts. In this way, more calcium supposedly is absorbed into the system and becomes available for use in bone formation.

A second group, which includes Dr. Charles Pak, takes the opposite position. They feel that calcium is best consumed on an empty stomach because some other foods may interfere with its absorption. For example, the oxalates or organic salts in foods such as spinach may tie up the calcium so that it never gets into the bloodstream. A similar process may occur with certain types of fiber, which "bind" the calcium and cause it to be excreted from the body before it can get to the bones. Also, these scientists fear that taking calcium with other foods may interfere with the body's absorption of certain minerals such as phosphate and iron. Remember: Phosphate, as well as calcium, is needed for hardening!

On balance, I believe that the arguments of this second group are the strongest. Obviously, however, for you to get the necessary amounts of calcium, often you must consume your calcium at mealtimes as well.

**Principle 3.** Divide your calcium consumption into at least two separate "doses" each day.

It's a well-established fact that the more you can spread out your calcium intake over the day, the more likely it is that you'll absorb maximum amounts. Most people who take supplements find that it's most convenient to take a tablet or other form of calcium before breakfast and a second one at bedtime.

On the other hand, if you're including your calcium as snacks in the middle of the day or as part of your regular meals, you can spread it out into even more "doses." That approach will promote even better absorption by your body.

**Principle 4.** Limit the sodium in your diet—especially if you're a postmenopausal woman.

In general, it's best to limit your salt intake for your overall good health. But there's a particular reason for you to pay attention to this principle if you're a woman who has gone through menopause: You'll put yourself at greater risk for lower calcium absorption and the development of osteoporosis if you consume too much sodium.

**Principle 5.** Calcium from different sources is absorbed by the body with varying degrees of efficiency.

In other words, calcium may be more "bioavailable" from one source than from another. In general calcium in certain supplements tends to be better absorbed or more bioavailable than in others.

The calcium contained in milk—calcium phosphate—isn't as well absorbed when it's given as a pure salt. It's much better absorbed in the form of milk. Furthermore, skim milk seems to be better than whole milk, probably because the fats in whole milk interfere with the absorption of calcium.

Spinach contains a great deal of calcium, but it has very low bioavailability—only about 3 percent of its calcium gets absorbed into the body. This is because the oxalates or organic salts in spinach operate in the intestines to prevent absorption of calcium.

Other common calcium-containing foods include yogurt, canned sardines and salmon (eaten with bones still present), canned or fresh oysters, collard greens, dandelion greens, turnips, mustard greens, broccoli, and kale. In many cases, their exact calcium bioavailability hasn't yet been ascertained through research studies. But you can assume that they compare favorably with the calcium bioavailability of milk.

**Principle 6.** Be *moderate* in your consumption of different types of foods.

Various studies have shown that a diet heavy in animal protein may encourage bone loss. The reason for this is that animal proteins are rich in sulfur containing amino acids. These acids promote loss of calcium through the urine. Also, retention of acid in the system is thought to promote bone resorption, or destruction of bone tissue. In other words, too much animal protein may help create a negative calcium balance in the body—and a new bone loss associated with osteoporosis.

On the other hand, a vegetarian diet may bind calcium and thus prevent its absorption into the system for use in bone formation. Also, vegetarian diets may promote the elimination of estrogens from a woman's body—a factor that may also lead to bone loss.

So, in light of these findings, what are you to do? Clearly, you can eliminate all animal protein and all vegetables from your diet—that would

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create even more serious problems than osteoporosis. The answer to this nutritional dilemma, as I've said, is *moderation*. A proper balance between animal protein and vegetables will put you in the best position to prevent bone loss and osteoporosis.

## *The Better Brunch*

*continued from page 19*

and onions or chives. Continue cooking and stirring until cheese melts. Serve hot over muffins. Garnish with paprika.

**Per Serving (⅓ cup):**
Calories: 74 Sodium: 102 mg
Protein: 6 gm Cholesterol: 8 mg
Fat: 1.8 gm Carbohydrate: 8 gm

♥ ♥ ♥

**Blueberry Lemon Muffins**
*(Makes 12 muffins)*

*1¼ cups all-purpose flour*
*1 tablespoon baking powder*
*2 tablespoons honey*
*1¼ cups All-Bran cereal*
*1 cup skim milk*
*¼ cup egg substitute*
*¼ cup vegetable oil*
*1 tablespoon grated lemon peel*
*½ cup fresh blueberries*
*Vegetable cooking spray*

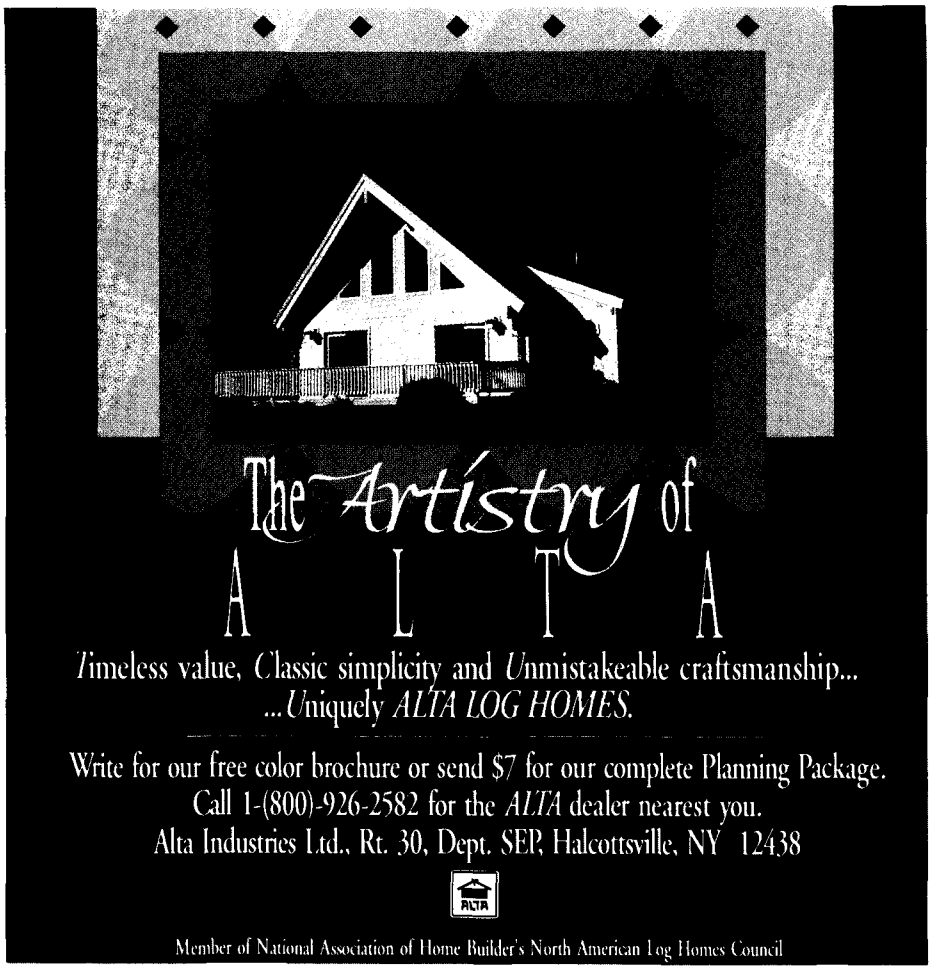
Stir together flour and baking powder. Set aside.

In large mixing bowl, combine honey, cereal, and milk. Let stand about 3-5 minutes or until cereal softens. Add egg substitute and oil; mix well.

Add flour mixture, stirring only until combined. Stir in lemon peel and blueberries. Portion batter evenly into 12 2½-inch muffin-pan cups coated with cooking spray.

Bake at 400° F. about 20 minutes or until golden brown. Serve warm.

**Per Serving (1 muffin):**
Calories: 157 Sodium: 208 mg
Protein: 4.1 gm Cholesterol: trace
Fat: 5.3 gm Carbohydrate: 23.1 gm
Fiber: 8.0 gm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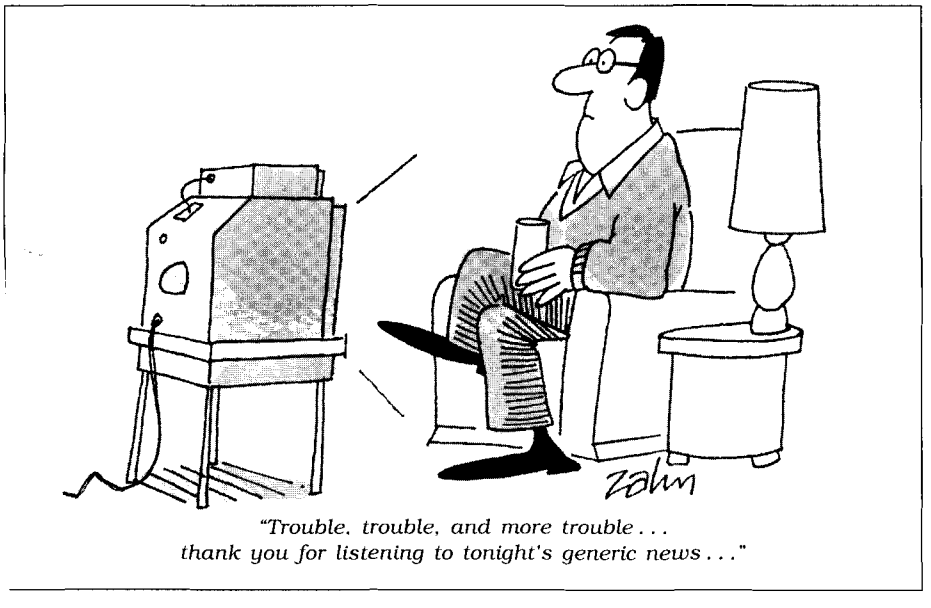


*"Trouble, trouble, and more trouble . . . thank you for listening to tonight's generic news . . ."*

♥ ♥ ♥

**Peachy Bran Muffins**
*(Makes 12 muffins)*

*1¼ cups all-purpose flour*
*1 tablespoon baking powder*
*½ teaspoon cinnamon*
*½ cup egg substitute*
*1½ cup canned or fresh peaches, drained and chopped*
*1 cup All-Bran cereal*
*⅓ cup skim milk*
*¼ cup vegetable oil*
*Vegetable cooking spray*

Stir together first three ingredients. Set aside. In large mixing bowl, stir together egg substitute, peaches, cereal, milk, and oil. Let stand 3 minutes or until cereal is softened. Stir again.

Add flour mixture, stirring only until combined. Portion batter evenly into 12 2½-inch muffin-pan cups coated with cooking spray. Bake at 400° F. for about 20 minutes or until golden brown. Serve warm.

**Per Serving (1 muffin):**
Calories: 148 Sodium: 187 mg
Protein: 3.8 gm Cholesterol: trace
Fat: 5.2 gm Carbohydrate: 21.5 gm
Fiber: 6.0 gm

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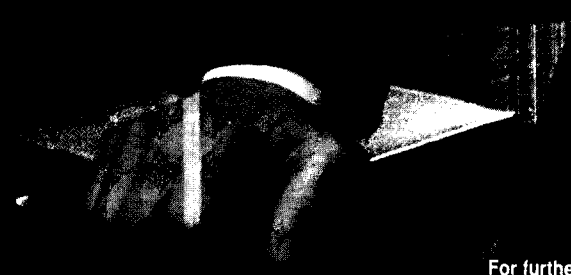

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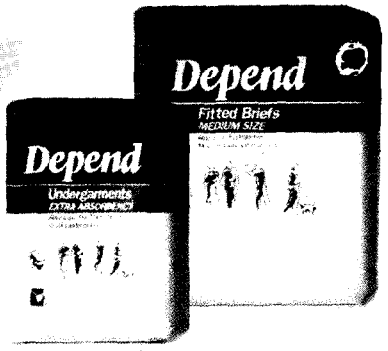


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